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THE
ENGLISH HOUSEKEEPER:
OR,
MANUAL OF DOMESTIC MANAGEMENT:

CONTAINING
ADVICE ON THE CONDUCT OF HOUSEHOLD AFFAIRS, AND

Practical Instructions

CONCERNING

THE STORE-ROOM,
THE PANTRY,
THE LARDER,

THE KITCHEN,
THE CELLAR,
THE DAIRY.

TOGETHER WITH

Remarks on the best Means of Rendering Assistance to Poor Neighbours; Hints for Laying Out Small Ornamental Gardens, and Directions for Cultivating Herbs.

THE WHOLE BEING INTENDED
FOR THE USE OF YOUNG LADIES WHO UNDERTAKE THE
SUPERINTENDENCE OF THEIR OWN HOUSEKEEPING.

SECOND EDITION.

BY ANNE COBBETT.

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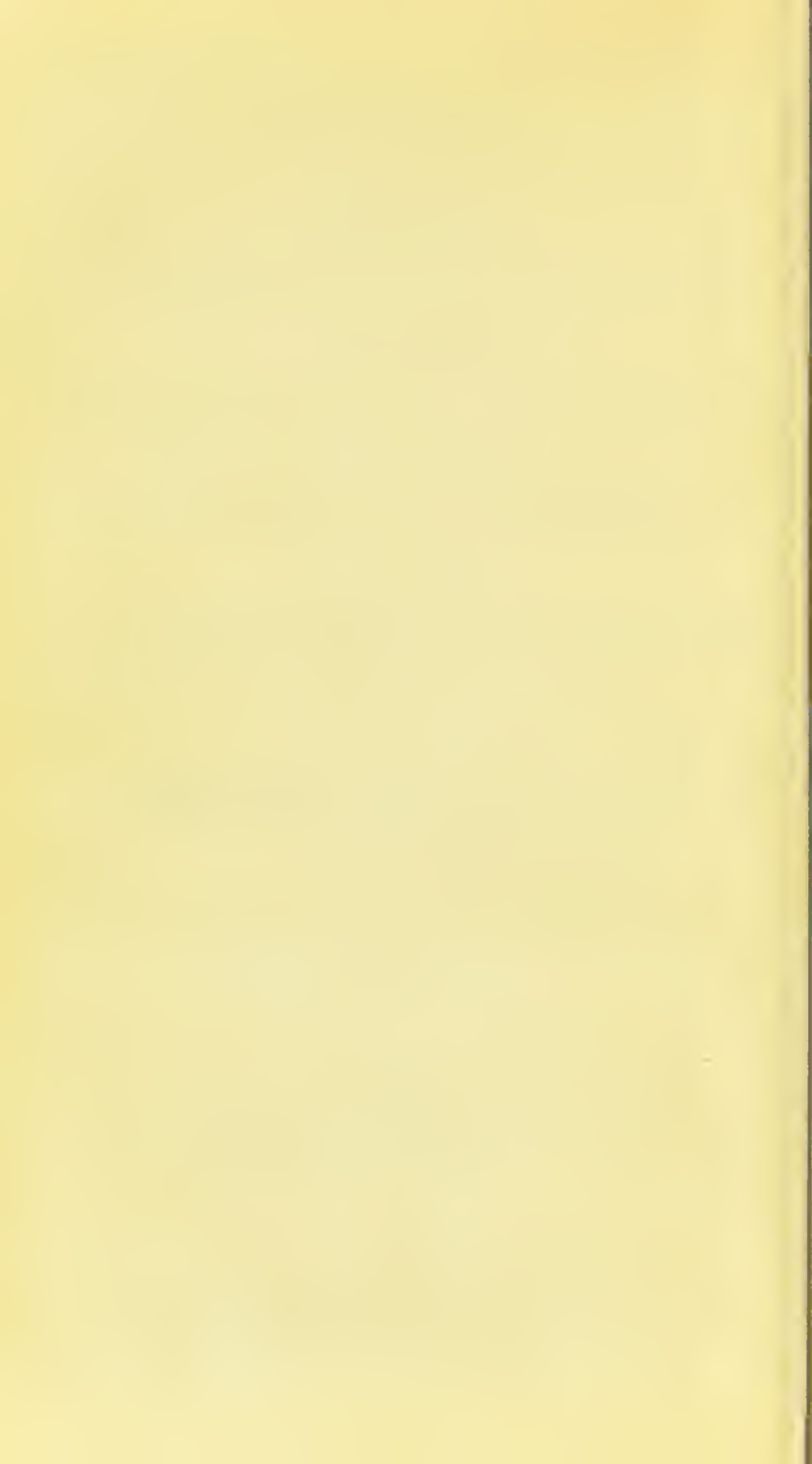
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INTRODUCTION.

“ She looketh well to the ways of her *Household*, and
“ eateth not the bread of idleness. Her children arise
“ up, and call her blessed ; her husband also, and he
“ praiseth her. Many daughters have done virtuously,
“ but thou excellest them all.”

PROVERBS, Chap. xxxi, vs. 27, 28, & 29.

I HAVE taken so much pains to make the following work deserving of the title it bears, that I could not, without affectation, pretend to undervalue my own performance by anticipating doubts of its utility, or by expressing any fear lest my friends should be disappointed when they look into it. There has, indeed, been no occasion to demand an exhibition of superior talents, and of those ornaments which belong to fine writing ; because the subjects discoursed on are of a nature not to require such aid. And if some of my readers should remark the absence of such literary attractions as a more skilful author would have known how to impart, I shall not regret the circumstance, without also reflecting, that while the contents of this volume are neither so imaginative in thought, nor so polished in style, as they might be, there is little about them for criticism to condemn as a vain attempt. But I may, on the other hand, observe, that more time has been given to this task, more application, more minute, and often, irksome enquiry than

persons who have not been engaged in similar undertakings would suppose. And though I must leave *my* book to the judgment of those whose interests will render them impartial, I may add, that it has the good fortune of belonging to a class of works in which few are to be found quite destitute of merit. Every publication of this description is necessarily calculated to be of some substantial service ; for it must not only be practical in its descriptions and directions, but it must relate to matters touching the daily and hourly wants of all mankind ; and it will, of course, be approved according as it may happen to meet those wants.

As a mere Cookery-Book, mine must submit to be placed in a lower rank than some others ; because it brings to light no discoveries in the art called *gastro-nomic*, and it is not designed to favour epicurism. The work of Mrs. Dods, for example, treats of cookery in a manner more scientific. I have no pretension beyond that of advising young ladies who are their own housekeepers ; and the receipts which will be found in my selection, are such as appeared to me suitable to any family of moderate style in living, and such as may be easily comprehended and put in practice.

The information contained in this work cannot be expected to be entirely the result of my own experience or invention. No such book could appear, at this day, at once to give all that is wanted, and to give nothing but what should be original. And I have, therefore, like others, to acknowledge much assistance from those who have preceded me. The idea of composing an "English Housekeeper" was first

suggested to me by the *Maison de Campagne* of Madame ADANSON, a book which has obtained great reputation in France, and which was written for the instruction of persons about to settle in the country, or to assist those already established there. It treats in a very able manner of every thing appertaining to country life, and is so justly esteemed for its usefulness, that I at one time thought of translating the work. It occurred to me, however, that the great dissimilitude in habits of living between English and French people would render a translation of little use, unless accompanied by alterations which would render it peculiarly adapted to the established customs of this country, and which would, in fact, have made quite a different work from the French original. Madame ADANSON gives full and particular instructions for the management of the household in all its different departments; but as the regulation of every house must depend upon different circumstances, all I presume to offer, must be in the form of general advice. Yet the plan of Madame ADANSON is so judicious that I feel much indebted to her for its example. Her work occupies the space of two volumes, and treats of many things which I have deemed it unnecessary to notice. It gives directions for the keeping and managing of cows, pigs, poultry, and bees, all of which are included among the subjects of my father's *Cottage Economy*.

But, as I am undertaking to give advice to the young ladies of my own country on the manner of managing their domestic affairs, there is one point upon which, above all others, I am happy to find my views

countenanced by the previous assertions of others of my own sex. I do, I confess, entertain some notions respecting the advantages of a knowledge of house-keeping, which, as it is by no means universally fashionable to promulgate them, I should, in a manner, tremble to put forth, if I had not something beyond the sincerest conviction to encourage me. I fear that a large proportion of the young ladies of England are sadly deficient in that information, and in those practices of economy, which are the most essentially necessary to their welfare as persons of influence and authority in a house.

If this apprehension be unwarranted, it is, at all events, not singular, nor is it even confined to the reflections of moralists alone, or of austere lecturers ; it is consistent with the private expressions of many sensible and experienced persons ; and the fault which has given rise to this apprehension has already appeared so obvious, that I find it made the subject of remark, thirty years since, in the *Cookery-Book* of Mrs. RUNDLE. That lady, noticing the change which had taken place in the system of female education, says, “ There was a time when ladies knew nothing *beyond* their own family concerns ; but in the present day there are many who know nothing *about* them.”

Mrs. RUNDLE appears to assume that it is in proportion to the cultivation of their talents, and to the acquirement of accomplishments, that the ladies of the present day have become incapable of being so skilful in the discharge of their domestic duties as the ladies of a former period were. But are those ladies

to whom she alludes, truly accomplished? Are there now a greater proportion of women whose minds are really cultivated, than there were formerly? Is there not rather a greater pretence of learning with less of it in reality? It is erroneous to suppose that persons of real learning look upon the minor duties of life with contempt, because of their learning; for, though learning does not, perhaps, give sense, it surely does not destroy it, and there is not only a want of sense, but a positive folly, in that affectation of refinement, and that assumption of superiority, which has led to the result complained of by Mrs. RUNDLE. This lady is, in my opinion, perfectly right in her view of the system of education which has prevailed of late years, and discovers much good sense, in the censures which she pronounces on that system; a system which assigns the same species of learning, indiscriminately, to young persons of every rank and degree, without distinction even as to ability. Such a method of bringing up has unavoidably been productive of very injurious effects; for, while it withdraws the daughters of farmers and tradespeople, and others, during a great part of their youth, from the practice of those homely arts which belong to their stations, it leaves them, in nine cases out of ten, without any thing more than the mere fancy that they possess acquirements of a higher order.

The desire which many persons feel to give their children a better education than has been bestowed upon themselves, is laudable, because it proceeds from sincere affection; but how often is the success

equal to the motive which actuates? How often is the manner of attempting, at all calculated for attaining the object so earnestly sought? An ambition to promote the welfare of children reconciles parents to part with them at that tender age, when they ought to command more constant care than they generally need at a more advanced time of life; and this ambition is so strong, that it will even cause little girls to be consigned to the blighting atmosphere of a crowded school-room, there to bewail the loss of the warm hearth, or the airy room of their own homes, and all the comfort's which depend upon a mother's solicitude. With a view to their being educated, that is to say, fitted for the world, and for the discharge of their respective duties in it, girls are sent to school, and are there condemned to a dull course of lessons, before their minds have sufficient strength to imbibe any kind of learning that requires mental labour, and before their understandings are equal to any greater exertion than that of perceiving the difference between a roasted apple and a sugar-plum.

A knowledge of housekeeping is not difficult to attain. It needs no natural superiority of talent, and no painful application. It is rather a habit, than a science, and, like the neatness so characteristic of English women, this knowledge rarely comes to perfection at all, unless it be partly formed in early life, and by means of our very earliest associations. Little girls are always prone to imitate the ways of older persons, particularly in housekeeping matters. They very soon begin to find amusement in

learning to make preserves, pastry, and such things. Those children, therefore, who are brought up at home, and have the daily and hourly practice of domestic duties before their eyes, will naturally fall into habits of usefulness, and acquire, by degrees and imperceptibly, a knowledge of what belongs to home, which should constitute the elementary education of every woman who is not born to rank and to luxury. But the unhappy little creatures who drag through seven or more years of continuous monotony within the walls of a school, their minds taking little or no part in the tasks which their memories are racked upon, have but little chance of learning any thing which will benefit their after lives; for, those whose mothers knead the bread, churn the butter, and help to cook the dinner, have not the benefit of that sort of society that would teach them to apply their learning, that would call forth their acquirements, or that would be able to appreciate those acquirements when displayed. During the period which these children spend at school, their mother continues her old-fashioned occupations, and, as time passes on, she looks forward, perhaps, with cheering anticipations to the *help* which her daughters are to afford her. But alas! how often do these daughters return from school with false notions of the lives they are to lead, and with mistaken ideas of their own consequence, such as lead them to despise the humble occupations of their home, although their "education" may not have given them one single idea to justify any pretension of the kind. It is generally acknowledged, that girls educated at schools are seldom

far advanced in learning. Where history and geography, and other sciences, are learnt by rote, a "page of Greece on Monday," a "page of Rome on Tuesday," a "page of Universal Biography on Wednesday," with occasional readings of the middle ages, of modern times, and application being made to maps, globes, charts, &c., to fill up the time which is not devoted to the fine arts (for it all goes on at once), the stock of real solid information which is gained by the end of the year, will be very scanty, or, will probably have resolved itself into such a confused mass of imperfect information, that all practical benefit may be despaired of. No wonder, if, after having undergone a course like this, a young girl is often found to have gained less from books than others have gained from vulgar report, and to be puzzled to say whether it was Scipio or Washington who was the first President of the United States of America. They learn lessons, but they do not reason or think about what they are getting by heart; and many girls, whose education has cost a large sum of money, are unable to answer a question of name, place, or date, in their geography or history, without first running over a certain portion of one whole lesson, the sound of which has left a deeper impression on the ear, than its sense has left on the understanding. Just as, when wanting to ascertain the number of days in a particular month, we repeat the words, "Thirty days hath September," &c. thus recalling by means of the jingle of words, what of itself had slipped our memories.

Girls so educated are very much to be commiserated.

They live, through that part of their lives in which the mind is most open to receive impressions, without any opportunity for exercising their powers of observation, till, at last, those powers fall into a state of inertness; and their education is finished without their having gained the least knowledge of what the world really is, or of the part which they are to be called upon to act in it. Having had no intimate association with persons really well informed, it is no matter of surprise, if they become conceited of their supposed attainments, or if they remain in ignorance of the fact, that a little music, a little drawing, and a very little French and Italian, are not sufficient to make an accomplished woman, and that merely going the round of primmers will not, of itself, constitute what is looked for in a "good education." Nor is it, indeed, to be wondered at, if the home, which has been so cherished in recollection from one holiday time to another, fail to realize all the anticipations of pleasure and of happiness which the thought of it has excited. Its simple occupations are not of a kind to make them, as novelties, attractive to one who is *only* a fine lady; the want of capacity to fulfil domestic duties will, of course, render them rather disagreeable than otherwise; and it is but natural that young women who, during all the early part of their lives, have been unaccustomed to think of household cares, should entertain some degree of aversion to them, and feel dissatisfied when called upon to take a part in them. Many a father has repented that he did not rather lay up for his daughter, the money which has been expended to no

better purpose than to cause her to repine at the condition in life in which he must leave her. And many a mother's pride, in the fancied superiority of her daughter, has been saddened by the recollection, not only that her daughter was incapable of helping her, but that the time must come when that incompetent daughter would be left to take care of herself.

My readers may imagine that I forget my proper theme; they may wish me to remember that this book professes only to aid those young ladies who are uninformed on the subject, *how to keep house*, and that I am diverging from that subject, and raising objections to a very common way of bringing up children. But when it is generally acknowledged that there is, in the ladies of the present day, a great want of skill as regards the affairs of their household, an ignorance, in fact, of some of their first duties, it cannot be impertinent for me to enquire, whether this want of skill and this ignorance, be not properly ascribable to a defective, or even to a mischievous course of education. Mrs. RUNDLE thinks that habits of usefulness, and the cultivation of talents, may be combined; and I think so too. But how shall the combination be insured, unless the acquiring of the useful, and the cultivating of the finer accomplishments, proceed hand in hand? There are, doubtless, many who do not think it beneath them to be able to make a pudding, merely because they can execute a *sonata* with good taste; who do not regard these as things absolutely incongruous; and who do not consider, when they receive applause for excelling in

fashionable powers to charm, that the offering carries with it an excuse for their being inefficient and helpless mistresses of families. There are, however, not a few, who do think that qualifications of a refined nature render it unbecoming in their possessors to give that personal superintendence to the affairs of the kitchen, of the store-room, and of all the other branches of household arrangement, which is so necessary, that, for the want of it, moderate fortunes often prove inadequate to the support of families in the middle rank. Young persons cannot be expected to entertain a proper estimation of the value of useful habits, as compared with the value of ornamental acquirements, unless they have grown up in the exercise of those habits. The idea that capability in the domestic, is incompatible with taste in the elegant accomplishments, is so deeply rooted in the minds of most persons who aspire to be fashionable, that I despair of the power to do much towards eradicating the fatal error. And yet, I would fain represent to parents, the wrong which is done to children by suffering this idea to plant itself in their minds; for it not only reduces young women to a standard of comparatively little consequence, by making them helpless in all the ordinary business of life, but it produces, incidentally, a variety of injurious effects on the health, on the spirits, and even on the temper. It is proverbial, that the largest portion of happiness belongs not to the higher ranks of society; and the reason is, not that the rich and luxurious are, as a matter of course, unworthy and consequently unhappy; but that their minds are not diverted by necessary

cares, that their amusements are easily obtained, and that the enjoyment of them is never interrupted by their having duties to perform. Pleasures fail to excite and interest the mind, unless they come in the way of relaxation. Therefore it is, that even in youth, something by way of employment is necessary to keep gaiety from subsiding into dullness; and in mature life nothing is more salutary than occupation. To have *something to do*, to be obliged to *be doing*, withdraws the mind from the contemplation of fancied sorrows, and prevents its being subdued by the recurrence of unavailing regrets. Women who have been accustomed, in their youth, to be industriously engaged and to contribute to the daily happiness of others, are sure to enjoy the greatest share of tranquillity and satisfaction in a review of days gone by, to show the most courage in adversity, and the most patience in sickness, and to be the most cheerful and resigned under the infirmities of age; and those parents, therefore, who instil into the minds of their daughters the principle of *making themselves useful*, will confer upon them one of the greatest of blessings.

Let it not be supposed, however, that by *useful*, I mean that a woman should be a mere household drudge, that all her ideas should be confined within the limits of her domestic offices, or that her guests as well as her family, should be entertained by nothing better than details of the household. Ladies who have houses and servants to look after, should be capable of superintending the whole in a manner so systematic, as that they may have a due portion of their time and

of their thoughts to give to other, and, if they deem them such, higher matters. I by no means recommend, as patterns, the fussy people, who are always busy and have never done, who let you know every thing that they have to do, and who, sometimes, do very little after all. Neither is it advisable to imitate, too closely, that class of housewives who are distinguished by the phrase—"very *particular*": for even the virtue of neatness, when incessantly exercised, or manifested too much in matters of little moment, becomes an intruder upon comfort, and, consequently, offensive. What I recommend is, that quiet and orderly method of conducting the business of a house, which tends rather to conceal than to make an appearance of much to do, which puts all that part of the family, who are not immediately engaged in it, as little as possible out of the way, and which may enable strangers to remain under the roof without being constantly reminded of the trouble they occasion. Every woman who presides over a home, and who wishes to preserve its attraction, should bear in mind the many minute cares which all contribute to give to that home, not only the semblance, but the substance of enjoyment; and I earnestly impress upon my youthful readers the important fact, that, as far as mere fortune is concerned, those often prove to be the most poor in reality, who may have been thought to be the most rich. Competence and ease may be changed for narrowed circumstances, and a struggle may ensue, to stem a torrent of difficulties which follow in succession, and threaten to destroy the home

which has been hitherto considered secure. Then she who has passed her life in total listlessness, possessing no acquirements but of a showy kind, and ignorant of what is wanted to preserve the foundation of a family's happiness; then such a woman will prove as unfitted to lighten sorrow, as she has been careless to avert it: for herself, she can but quail as difficulties assail her; for others, she can only seek for protection where, if she were capable, she might be of assistance; and, instead of aiding to alleviate distress, she will become the main cause of rendering the common burden intolerable.

How often do we see families stricken to the very dust, by the first, and perhaps only a slight blow, of misfortune; and this, merely for the want of a little of that practical knowledge, and that experience, which would have enabled them to husband their diminished means so that they might still supply sufficient to meet all real wants, and still procure every material comfort. From a want of this experience, some of the very best intentioned persons will so misapply the resources left to them, at one time laying out money where they ought to refrain altogether, and at another parting with more than the occasion requires, that, by degrees, those resources dwindle away to nothing before they seem to be aware of the natural consequences, and not only poverty, but destitution and misery are let into an abode where comparative ease and contentment might still have remained. The great art of economy in domestic life, is comprised in the two very

homely phrases, "*to turn every thing to account,*" and "*to make the most of what you have.*" But their meaning is often perverted, and the habit of *turning every thing to an account*, and of *making the most of every thing*, is ascribed to those who are actuated, not by a laudable desire to produce as much comfort as their circumstances will admit, but by an inclination to indulge in a strong propensity to stinginess. But of this class of persons I am far from being the advocate: between extravagance and parsimony the widest possible interval exists; and that economy, that management and application of means, which I deem perfectly consistent with the most rigid virtue and the most generous impulse, is of too admirable a character to partake either of the spendthrift's criminality or of the miser's meanness.



THE ENGLISH HOUSEKEEPER.

CHAPTER I.

GENERAL OBSERVATIONS.

It is difficult to lay down rules for the management of a domestic establishment, because they would necessarily be subject to many and various exceptions, produced by various circumstances. A few general observations, however, accompanied by some remarks on the most important matters in domestic life, will not, perhaps, be unacceptable to young housekeepers.

In the young and thoughtless, a spirit of emulation often shows itself, and sometimes leads to the destruction of their domestic happiness. This unbecoming spirit is the source of discomfort, extravagance, and ruin, by urging on the weak-minded to vie with their superiors in fortune, and to sacrifice so much to appearances, as to render themselves destitute of the means of enjoying the substantial comforts of domestic life. It sometimes manifests itself in splendid houses and equipages, and numerous retinues of servants; but amongst persons of moderate income, for whose use this work is principally intended, it is commonly displayed in costly furniture and expensive entertainments. Many young, married women set out with a notion, that unless they have as fine a house, as expensive furniture, plate, china, and glass, as others have, and give as fine entertainments as others give; in short, unless they make the appearance of living as

well, in every respect, as those who are richer than themselves, they will not be held in equal estimation. It is not that they derive any real pleasure from these things, or from the false appearance which they make; indeed, persons of observation have often remarked, that expensive furniture is but an annoyance to the mistress of the house, if she have not a sufficient number of servants, and those good servants too, to keep it in order. Where the whole family concur in this sort of pride, no mortification arises from difference of opinion, but, the unanimity tends only to accelerate the ruin.

The young housekeeper should consider the serious consequences that are likely to result from setting out in a style of lavish expenditure, and she should remember that, while it is easy to extend, it is extremely difficult to reduce, her establishment. One expensive article requires another to correspond with it, and one expensive entertainment imposes the necessity of other equally expensive entertainments; for it requires no small share of moral courage, to risk the loss of consequence which may result from allowing the *world*, as it is called, to surmise, that we are not so rich as may have been imagined. And when the time comes, as sooner or later it assuredly must, when the means are not adequate to the demands, what sacrifices are made, and what unseemly contrivances are resorted to, in order to keep up, to the last, a poor remnant of "*appearance!*" and, when this can no longer be effected, then comes the humiliation, with all the bitter feelings attendant upon *retrenchment*; of all which feelings, the bitterest is, the dread of being degraded in the world's estimation. To endure privations with resignation, to feel the want of habitual comforts, and be grateful for the blessings which are left to us, is the duty of every Christian, and is the less arduous when the reverse of fortune which has befallen us has not been produced by any fault of our own. But if, in addition to the distresses of adversity, the wife and the mother be doomed to writhe under the pang of self-reproach, great indeed must be her suffering, and one for which I can suggest no adequate relief. To the young and generous minded, the hardest portion which accompanies reverse of fortune, is, the change which they sometimes produce

in the behaviour of acquaintances. When we are become poorer than we were, and when we have lost the ability to entertain guests in the accustomed manner, it is painful to perceive that those very people who have been the most hospitably entertained, and who, in our prosperity, have appeared the most attached to us, will sometimes turn from us and our difficulties, and will banish from their minds the recollection of all our past kindness. To meet with indifference in those whose smiles have courted ours ; to feel that we have thrown away sincere friendship upon mere heartlessness, is hard to be endured, even by the faultless, but how intolerable must it be, when aggravated by the consciousness that we have incurred it by our own misconduct. To the steady and experienced, this is one of the severest vicissitudes of life ; what, then, must it be to us, before we have acquired that equanimity of mind, which falls only to the lot of those who have passed through the ordeal of the world, and who have been amply compensated for the desertion of the many, by the sincerity, the warmth of heart, and the steadfastness of the few.

Houses and furniture properly belong to the extraordinary expences of the household. When a young woman is called upon to exercise her judgment in the choice of a house, she must pause before she rejects one which, though she may consider it rather too small, might, nevertheless, be made to accommodate the family *well enough*, and might be fitted up at a less cost than a larger one. Such a house would require fewer servants, and would certainly present a better appearance, than one that is rather too large for the quantity, or for the style of its furniture, and which is, perhaps, larger than is actually required for the number of its inhabitants. It is very easy to remove from a small to a large house, when circumstances require it ; but it is a very different case, when necessity compels us to remove from a large to a small one. It is so easy to increase our wants, and so difficult to give up what we have been accustomed to regard as necessary, that young persons should begin the world with caution, and not multiply their wants, lest, in time, they want the means of gratifying them.

In furnishing a house, the young housekeeper, who sets

out with a determination to purchase furniture suitable to her circumstances and station in life, ought to be content with that which is just good enough, rather than be induced to exceed her previous good intentions, and gratify her fancy at the expence of her comforts. She must never yield to the seductive reflection, that "*only five pounds more cannot make much difference;*" for, the same argument may be equally applied to the sopha, the tables, the carpet, the curtains, the grate, the fire-irons and fender; all of which are necessary to the furnishing of a dining room; to say nothing of the lamps, the mirrors, and other articles of ornament, which fashion, with some, makes articles of necessity. If "*only five pounds*" be given for some of these, and two, or even one pound, for others, more than is necessary, she will find that the "difference" is very great by the time that she has fitted up this one room.

The rage for vying with our neighbours, shows itself in the bad taste which encumbers houses with unsuitable furniture. Massive sideboards, and large unwieldy chairs, occupy too much space in a small room, while heavy curtains and drapery, not only obscure the light, but have an inelegant appearance, unless the room be large and lofty, or in keeping with the size and weight of the cornices, cords, tassels, and other ornaments, which give offence to the eye when too gorgeous or prominent. Of equal bad taste, is the habit of occasionally changing furniture, to suit the varying of fashions; and this is so much the practice, that even persons in trade, having families to provide for, frequently change furniture sufficiently good to serve its purpose for a life time, for other furniture which is no handsomer, but a little more fashionable.

It is strange that persons pretending to gentility, should not rather imitate the higher class of their superiors, who value their high-backed chairs the more, because they are old, and would on no account exchange them for modern finery. It is quite a rarity, and to me a pleasing one, to see good old fashioned furniture, bearing a high polish, and otherwise in good order. When expensive furniture is introduced into the houses of persons of small fortune, the long upholsterer's bill rises like a phantom

before the misplaced couches, ottomans, and the ottoman sophas, which are crowded into small drawing rooms ; and my feelings of regret become almost feelings of indignation on seeing plate, which belonged to fathers and mothers, or to grandfathers and grandmothers, and spoons which have touched those lips which spoke tenderness to our infancy, about to be bartered for the " Prince's," the " King's," or the " fiddle pattern," or for some other pattern that may happen to offer the newest temptation to vulgar taste.

Every young woman who has the good taste to wish that her house may be characterized by its simplicity, and be more remarkable for comfort than for show, will, if she wish to spare herself and her family much discomfort, avoid having show-rooms ; such rooms, I mean, as are considered too fine to be habitually occupied by the family, and are, therefore, kept shut up ; except when, on particular occasions, and perhaps only a few times in the course of a year, a fire is lighted for the reception of company. Upon such occasions, children are seen to stare and look about them as if they had never beheld the place before ; the master of the house fidgets from one seat to another, as if he were any where but at home ; and it is probable, that before the entertainment is over, the mistress of the house is heard to remark, that she is " never so comfortable as in the room she is accustomed to ;" letting her friends know how much she is put out of her way, by having the pleasure of their company. True hospitality would conceal from guests any little additional trouble which their presence might unavoidably occasion ; but, thanks to the improved taste of the times, there is little real hospitality left : all friendly intercourse seems lost in ostentatious display, and in vain attempts to outshine each other. We rarely find the album, the closeted curiosity, or even the conversation of the company, possessing charms sufficient to dissipate that gloom which infallibly attends such entertainments. Most persons acknowledge this to be the case, and lament that it is so ; yet few have the courage to pursue a different system.

While she is fitting up her house, a young lady should consider the number, and the sort of servants she can afford to keep, and regulate the style of the house

accordingly. By so doing, she would avoid that incongruity, which is often seen where more ostentation than taste is displayed, and where a country servant of no experience will hesitate to touch a china plate or a glass dish, as if it were a thing to bite her, and may, at last, let it fall, from over anxiety to hold it fast. China, plate, pictures, and all ornamental furniture, require peculiar nicety; and the dusting and polishing of them must be repeated daily, or they will bring discredit, not upon the servants, but upon the mistress of the house, who will, therefore, do well not to encumber herself with more of them than are easily kept in good order.

There is no species of decoration which produces so much effect in ornamenting a house, as flowers tastefully selected and arranged. The artificial productions of the painter and the upholsterer, the gilded ceilings, glittering mirrors, and couches of brocade, are more splendid and durable, and are worthy of admiration both on account of their individual beauty and the ingenuity and industry which has produced them, but, they do not possess the lively, gay and varied attractions of flowers. The most expensive china vases, whether gaudy or elegant, excite interest only as mere objects of curiosity, unless they be filled with flowers, the cost of which is so comparatively trifling. This remark, however, must not be understood to apply to the rare and costly productions of the greenhouse, a taste for which cannot be indulged but at considerable expence.

To point out any particular department of the household, as that which demands the greatest share of attention, would tend rather to mislead than to instruct: a due proportion of attention ought to be bestowed upon every department, for, where the mistress of the house is over particular on any one point, other matters, of equal, if not of greater importance, are sure to be neglected.

Perfect and uniform neatness is indispensable, not only for comfort, but for good appearance. By uniform neatness, I mean, that nothing which presents itself, whether about the house, in the dress of mistress, children, or servants, should be left open to unfavourable remark. A young lady who relaxes in attention to her own dress, merely because she has more important cares

after, than she had before her marriage, does wrong; but she whose smart dress forms a contrast with the little soiled fingers which are forbidden to approach it; she who strikes the beholder as having bestowed care on herself, while her children bear the appearance of neglect, does infinitely worse. To preserve the neatness of a house, there must be more or less of constant attention and vigilance, on the part of the mistress. I am, however, a great enemy to the system of periodical scrubblings and general house-cleanings, which prevails to so great an extent, and especially in the country, where, when the day appointed comes round, carpets are taken up, and floors, even though they be delicately clean, are washed, whether the weather be suitable or otherwise, the health of the family being left to take its chance. The day of *general house-cleaning* is no other than a day of general commotion, and discomfort. One attendant evil is, the make-up dinner, which does not, perhaps, content all the family: and it is a singular piece of good fortune, if some friends do not select that very day for paying you a visit. It is true, that it is a much more simple process to clean a house, than it is to keep a house clean; for mere labour is required for the one, while method is necessary for the other. But this method every young housekeeper should endeavour to acquire. Sweeping, dusting, and polishing, should proceed daily, and should never wholly cease. Carpets should be swept every day with a hair broom; but only once a week with a carpet broom, because it wears them: and damp tea-leaves should always be used, whether in sweeping carpets or boards, as they lay the dust, which would otherwise fly over the furniture, and again settle on the floor. Bed-room carpets should be in different pieces, not nailed to the floor, for the convenience of shaking, which may then be done once in a week. Bed rooms should be swept every day, and a damp mop passed under the beds, chests of drawers, &c., &c., which will remove all the flue and dust, and prevent accumulation of dirt, so that the washing of boards will not be so often required during the winter. In summer, indeed, frequent washings refreshen the atmosphere, and are very necessary. The use of the mop is not popular with

housemaids, but is good, nevertheless; for collections of light dust engender little insects which it is very difficult to get rid of.

Upon the subject of wet boards, I believe that my dislike to great scrubblings was acquired in that cleanest of cities, Philadelphia; where, though American servants do not and will not work so hard as our English servants, yet, because it was the custom of the place, the servants were, notwithstanding severe cold, everlastingly scrubbing the stairs during the months of December and January. Some years afterwards, being at Rome, one of the dirtiest of cities, and in the middle of a hot summer, I recalled to mind, with a complacency I had never bestowed on them before, the scrubbing-brushes and the curd-white pails of Philadelphia, and marvelled, as every one must, how it is, that in wet and cold countries, people wash their houses so much, and that in hot and dry countries, they do not wash them at all.

With regard to the ordinary expences of house-keeping, the most important branch of domestic duty which devolves upon the mistress, is, to estimate and keep an exact account of the expenditure of her family. She ought to make this as simple an affair as possible, by first ascertaining the sum of money which is to be allotted to this purpose, and then proceeding to make such arrangements as will confine the expences rigidly *within* that sum. By keeping a strict account of every article for the first two months, and making a due allowance for casualties, she will be able to form an estimate for the year; and if she find that she has exceeded in these two months, the allotted sum, she must examine each article, and decide where she can best diminish the expence; and then, having the average of two months to go by, she may calculate how much she is to allow each month for meat, bread, groceries, washing, and sundries. Having formed her plan, whatever excess circumstances may have required in one month, she must make up for in the next. I should not advise the paying for every thing at the moment, but rather once a week; for if a tradesman omit to keep an account of the money received for a particular article, he may, by mistake, make a charge for it, as something had upon trust. A weekly account has

every advantage of ready money, and is a more convenient mode of payment. All tradesmen may be paid on a Monday morning, the bills receipted, endorsed, and put by in a portfolio or case (which should have the date of the year on the outside), and they can then be referred to as vouchers, or to refresh the memory as to the price of any particular article. It is a satisfaction, independently of the pecuniary benefit, for the head of a family to be able, at the end of the year, to account to herself for what she has done with her money.

Having, in the arrangement of her house, and in the choice of her servants, never lost sight of the two main objects, namely, the comfort of her family, and the care of her purse; the young housekeeper ought to commence her career, by strictly adhering to order and regularity in the performance of those duties which devolve peculiarly upon herself. If the mistress of a house be regular in the superintendence of her domestic affairs, if she proceed every day, to each department at the appointed time, and if she never pass over any neglect, in such a manner as to give her servants an idea that it had escaped her observation; if, in short, she be regular herself, her servants must be so too, and she will find that the business of housekeeping, which, by the mismanagement of some persons, is rendered so irksome, will be to her a matter of no difficulty, and of comparatively little labour.

In addressing myself to young persons, it will not, I hope, be considered impertinent or foreign to the general purpose of this work, to offer a few, and a very few, remarks upon the subject of company. I do not mean in respect to the selection of their friends and acquaintance, or the kind of visitors they should invite to their houses, but simply as to the mode of entertaining them, which must, necessarily, be a matter of importance in housekeeping, and which, therefore, comes properly within the scope of domestic economy.

It should be a general rule, not to invite any visitors, who cannot be entertained without trespassing on the comforts and conveniences of the family. True hospitality may be enjoyed without much ceremony, and may be practised in the plainest manner; but when efforts to be

very hospitable, disturb the usual arrangements of a house, they are inconsistent with their object. Let nothing, therefore, be attempted, which cannot be performed without difficulty ; let nothing be provided which cannot be provided plentifully ; let nothing which is necessary be wanting, and nothing produced which may seem to be out of place or uncalled for. Do nothing, in short, which you cannot really afford to do ; and the result will be, that while you consult your own ease, you will, at the same time, insure that freedom from restraint which contributes, more than all besides, to make visiting agreeable, and which never fails to create in your departing guest, those mixed feelings of regret at going, but of pleasure at the prospect of returning, which are amongst the most flattering acknowledgments that genuine hospitality can receive.

CHAPTER II.

SERVANTS.

THE comfort and respectability of a house depend, in a great degree, upon the conduct of the servants employed in it. Clean-looking, neatly-dressed, and well behaved servants, always impress a visitor with a favourable idea of the mistress of a house; while, on the contrary, it is scarcely possible not to be more or less prejudiced against her, when they are persons of untidy appearance, or awkward behaviour.

Servants who understand their work, and are capable of performing their duties without being continually looked after, are invaluable; and, as regards wages, ought not to be compared with those ignorant and incapable ones, who perform their services only as they are directed at every turn. A few pounds a year more to a good servant, ought not, therefore, to be a consideration; the addition in wages will occasion little or no additional cost; for, the bad servant consumes as much as the other, and she wastes, breaks or damages much more.

In order to prevent servants from neglecting their work, the mistress of the house should be strict in requiring the performance of their several duties, except when illness renders them incapable, or when other accidental circumstances interrupt the ordinary routine of the house. If masters and mistresses be regular in their habits, the servants will be so likewise. The hours of meals should vary as little as possible; particularly the first meal of the day; for the work may be said to commence immediately after breakfast, and when that takes place one hour only after the usual time, the whole business of the house is sure to be retarded. In the most regular families, even the time of dining may unavoidably

be postponed. But this should be allowed to happen as seldom as possible ; for if the dinner which was ordered at five, be kept waiting till half past six, one day, and perhaps, later still another day, the cook may be prevented from performing some other part of her work, for which she had allotted the time ; she will naturally be dissatisfied in having to consume that time in watching over the dinner ; and if the dinner upon which she has, perhaps, exerted her utmost skill, be spoiled before her eyes, she may fairly be excused, if she reproach herself for having taken so much trouble in its preparation. If this trial of her patience and temper be repeated, she will very soon take little interest in pleasing the palates of her employers ; she will take *her* turn to be irregular, and that, perhaps, on some occasion when her irregularity may produce great inconvenience to the family. Under such circumstances, it would be unreasonable to find fault with the cook, who would only be following the bad example of those whose duty it is to preserve regularity. Indeed, good servants do not like to live with irregular masters and mistresses ; for, besides their dislike to being put out of their own orderly ways, there is no such thing as comfort or rest, in a badly-managed house, for such servants as are conscientious enough to do their duty, and to consult the interests of their employers. Their hours for going to bed and getting up should be as early as other arrangements will permit. But, those ought to be so regulated as to make it unnecessary that the servants should be kept up late, except on extraordinary occasions. Late dinners have, in a great measure, done away with hot suppers. Where hot suppers are not eaten, the labours of the twenty-four hours may be ended by ten o'clock at night ; and that is the latest hour at which the servants of a family of the middle rank, and of regular habits, should be allowed to remain up. It ought to be the care of one of the family, to see that the fires have been put out, and the doors and windows secured.

The honesty of servants depends, principally, upon the sort of bringing up they have had. But it also depends very much, and with young servants especially, upon the temptations to be dishonest that they may have had to contend with ; and it is the duty of every master and

mistress to put all such temptations out of their way as much as possible. The practice of locking up does not, as a matter of course, imply *distrust*, but it denotes *care*; and a better principle than that of carefulness can scarcely be instilled into the mind of a poor person. I would as scrupulously avoid any thing which should lead a servant to imagine that a drawer or tea-chest was locked up from *her*, as I would avoid giving the same idea to any of my acquaintance; but it is a culpable practice, to leave tea, sugar, wine, or other things open at all times, or only now and then locked up. The *habit* is bad; and it is the result, not of generosity, but of negligence; it is also a habit, which cannot fail to excite in the minds of experienced and well disposed servants, feelings rather of contempt than of respect for their employers; while to the young, and, more particularly to those of unsettled principles, it is nothing less than a temptation to crime. Little pilferings at the tea chest, perhaps, have been the beginning of that which has ended in depriving a poor girl of her character, and, consequently, of all chance of gaining her bread by honest means. To suspect all servants of being dishonest, or disposed to become so, merely because they are servants, is as silly as it is unfeeling. I should never hesitate to give my keys to a servant, when it happened to be inconvenient to me to leave my company, any more than I should hesitate to intrust them to one of my own family; but this act of confidence is far different in its effects from that neglect which often proceeds from mere idleness, and, while it proclaims a disregard of the value of property, is the occasion of much waste, and, in the end, proves as ruinous to the employer as it is fatal in the way of example to servants.

That "*servants are great plagues*" may be the fact; but when all the hardships which belong to the life of a maid servant, are taken into consideration (which I am afraid they very rarely are), the wonder is, that this class of persons are not less obliging and less obedient to the will of their employers, and more callous to their displeasure, than we really find them. It is too much the habit to regard servants as inferior beings, who are hired and paid to perform certain services, but whose feelings are unwor-

thy of the consideration of those upon whom they wait, for whom they cook, and whom they enable to sit at their ease or to go about and take their pleasure. True, they are paid for what they do; but how paid? Not in a degree at all adequate to their services. The double or the treble of what they are paid would not compensate us for the discomfort of having to work for ourselves. Yet, "they are *paid* for it," is often said in justification of unreasonable demands upon the time, the strength, and the patience of servants; when, in fact, the whole of the pay to a female servant, consists of that food, without which she would be unable to work, and of a small sum of money, barely sufficient to keep her decently clothed, which she is required to be, not merely for her own comfort and gratification, but also for the credit of the house she lives in. Ladies who shudder as they meet the cold air, in descending to their breakfast rooms, forget the sufferings of the female servant, who has, perhaps, gone to bed overnight, exhausted by fatigue, but whose duty compels her to rise again, some hours before she is sufficiently rested, to begin her work afresh, and to do over again all that had been done the day before. A lady who thinks that her servant is *sufficiently paid* for all she endures, has never known what it is to get up in the dark of a cold winter morning, and to spend half an hour on her knees, labouring to produce a polish on the bars of a grate, which bars were burnt black yesterday, and will be burnt black again to-day. Such a lady has never suffered from the drudgery of a kitchen, nor from the scorching of a kitchen fire, either of which is sufficient to impair the constitution of any woman, independently of all that wearing of the spirits which persons exposed to such trials must always experience.

It is true, also, that it is by their own choice that servants go to service; they are not compelled to do so by any other law than that of necessity; but starvation is their only alternative; and we should think it very hard to be reduced to the alternative of either starving to death in the bloom of our youth, and of quitting a world which was made for us, as well as for our more fortunate fellow beings, or of yielding up the whole of our lives to promote the ease and indulge the idleness of those, who

deem us amply rewarded in being fed and clothed, and being suffered to repose from toil, at those times only when their wants happen not to require our attention.

The apprehension of lowering our dignity, and encouraging disrespect, by giving way to familiarity with inferiors, is pleaded by some persons as an excuse for haughty and overbearing demeanour towards servants. But persons who adopt that kind of demeanour, are greatly mistaken. There are few better judges of good breeding than servants. Their ideas upon this subject are not formed by rules, or by fashions; but they have generally, from observation, a remarkably correct knowledge both of what is due to themselves, and of what is most becoming to the dignity of their superiors. I have occasionally been astonished at the quickness with which a servant girl has made the discovery, that some upstart person, notwithstanding her lofty bearing, "was no lady." The behaviour which marks such persons, is much more likely to give rise to contempt in those who are beneath them, than any behaviour that is unaffectedly conciliating and kind. To be loved, and to be cheerfully served, is for those only who respect the feelings and who consult the comfort of their dependants; and, as a single trait is often sufficient to reveal the whole character, they will most assuredly be disappointed, who expect to meet with the qualities which conduce to the happiness of domestic life, in a woman who considers the feelings of a female servant as unworthy of the same consideration as that which she gives to the feelings of her sex in general.

With regard to the general character and the merits of servants, nothing is more common than the remark, that "servants are not now so good as they used to be." This is surely an error. There cannot be a greater predisposition to misconduct in them now than there used to be formerly. It may be said, that there are more frequent instances of bad conduct; but this does not warrant the idea, that the servants of the present day have a degree of inborn viciousness, from which those of times past were free. If all who rail at the negligences, the waste, the want of care, the dislike of work, and the liking for dress and for gadding, to which servants are as much addicted as their betters; if all such were them-

selves as free from fault as they would have their servants be, it would probably be found that the effect, what with precept and example combined, would be quite enough to banish this common-place remark. The truth is, that the change which has taken place in the habits of persons of the middle class, has produced a change, but a very natural change, in the habits of those of a more humble station. There exists now a greater degree of high living than formerly; and consequently, there must be a want of frugality, a waste in all sorts of ways, formerly unknown. Persons of moderate income keep more company than persons of the same class used to keep; they imitate the late hours, and other fashionable habits which used to be reckoned among the privileges of their superiors in fortune, instead of wisely avoiding emulation in such things, and keeping to their own more simple, and less hazardous mode of life. What wonder, then, if we find the most humble copying those of the middling, when the middling are doing all they can to rival those of the highest rank.

Servants were formerly more the object of care with their employers than they have been of late. When ladies gave a considerable portion of their time to domestic duties, and when they prided themselves on their skill in household matters, as much as they now do in the fabrication of trifling ornaments, they were not above maintaining a certain degree of friendly intercourse with their servants. This afforded frequent opportunities for giving good counsel, and for superintending the conduct of their servants, and was a much more efficient check upon them than "a good scolding now and then, such as they will not forget," which so many think better than "being always on the watch."

Ladies who reside in the country, have ample opportunities of training up good servants, by attending to the education of poor neighbours of their own sex. By *education*, I do not mean that kind of teaching which merely qualifies them for reading letters and words. Small literary accomplishments, accompanied by idle habits, are already but too common, though the fact is more generally known than acknowledged. Nor do I mean that sort of education, which creates expect-

tations of gaining a livelihood by any other means than those of honest industry; or, which tends to raise the ideas of persons who are born to work, above the duties which fortune has assigned to them. I mean such an education as shall better their condition, by making them better servants. In large establishments, where there are old and experienced persons in service, it is very much the custom to have younger ones as helpers; and thus the latter have the benefit of learning all the different duties of the household. But these establishments are comparatively few in number; and it has always appeared to me, that in this country, so famed for its charitable institutions of all sorts, for its Sunday-schools, and schools of every kind for educating the poor, and where so many worthy persons devote their time, and give so much money for their benefit, it is greatly to be lamented that there is so little done towards teaching them to be *good servants*. Dr. KITCHENER, in his *Cook's Oracle*, speaking of the variety of schemes that have been suggested for bettering the condition of the poor, advises, as one of the most useful and extensive charities, that they should be instructed in "Economical and Comfortable Cookery." But Dr. KITCHENER's principle seems better than his method of promoting it; for, in another part of his work, he recommends the forming of societies for the purpose; whereas, much more might be done, if individuals would take the task upon themselves. It is true, that the fashion of the day is opposed to this opinion, and that the same ladies who now condescend to teach poor children to read and write, because it is the fashion to do so, would, in many cases, think it beneath them to teach a little girl to make a pudding. It would, indeed, in a work of this nature, be a hopeless and presumptuous attempt, to argue against the all-powerful influence of fashion, against which the keenest shafts of invective, and ridicule, and in short every weapon of satire, have been so often aimed in vain; but, all are not under the dominion of so senseless and so capricious a tyranny, and I have to regret my inability to set before my readers the benefits which mistresses of families would confer and receive, from bringing up young country girls to be capable

and good servants. There might always in a country-house, be one or more young girls, according to the size of the establishment; they might be plac'd under older servants, or be instructed by the mistress herself, in all household occupations, from the hardest work and most simple offices, to the more delicate arts of house-keeping, among which, of course, needle-work would be included. This practice would not only insure more good servants than there now are; but, young girls so trained would, by the force of daily and hourly tuition and good example, imbibe a right sense of duty, and acquire good habits, before they could have had time to become vicious or unmanageable.

When ladies, give themselves the trouble to teach the poor to read and write, they mean well, no doubt, and think they are doing the best they can for their pupils. But teaching industry is more to the purpose; for when learning has been found insufficient to preserve the morals of princes, nobles and gentry, how can it be supposed that it will ever preserve those of their dependants? The supposition is, in fact, injurious to the cause of true learning, since the system founded upon it has been attended by no moral improvement. Our well-being is best secured by an early habit of earning our bread by honest labour; and, as the author of *Paradise Lost* has said,—

“Not to know at large of things remote
From use, obscure, and subtle, but to know
That which before us lies in daily life,
Is the prime wisdom; what is more, is fume,
Or emptiness, or fond impertinence,
And renders us in things that most concern,
Unpractic'd, unprepar'd, and still to seek.”

A young country girl, the daughter of a labourer, would, by making herself in some way practically useful to society, and gaining a respectable livelihood, be much more profitably employed than in going through that long course of literary exercise which has, of late, been so generally bestowed on the children of poor people, but which, I fear, has not generally imparted to them much of what MILTON styles “the prime wisdom.” It should also be considered, that the literary education

of the poor, such as it is, cannot be much more than half completed at the age when the children cease to receive lessons from their charitable instructors. They are taught to read, to write a little, and perhaps something of the elements of arithmetic. The reading, however, is the principal attainment; and in this, they generally become well enough schooled before they are eleven, or, at most, twelve years of age. But alas! have they, at that age, or at the age of thirteen or fourteen, been taught all that is necessary for girls so young to learn, with regard to the *choice of books*? With the use of *letters*, indeed, as the mere components of words, they have been made acquainted. But why have they been taught to read at all, unless there be some profit to be derived from their reading; and how can any profit be looked for from that reading, unless there be the same kind of pains taken to point out the proper objects of study as there have been to teach the little scholars to spell? Surely that advice which is required by all young persons in the pursuit of book-learning, is at least as necessary to those who can do no more than just read their own native language, as it is to those who are brought up in a superior way. The education of youth, among the higher and middle classes, does not terminate, or, at least, it never should, immediately on their leaving school. At that period, a fresh series of anxieties occur to the parent or the guardian, who is quite as sedulous as before, to finish that which has been, in fact, only begun at school. If this be not the case, how is it, that though the son may have been eight or ten years at the best schools, the father, after the schooling is ended, finds it necessary to consult the most discreet and experienced advisers, concerning the right guidance of his child in the course of his future studies? The attention which is paid to the studies of young ladies, after they come home from school, is, to be sure, not precisely the same as that which parents think requisite for their sons. But, while the daughter has generally the advantage of being constantly with her mother, or with some female relative much older than herself; and while the success in life of our sex does not so frequently depend upon literary requirements, and the proper employment of them; yet,

under such circumstances, favourable as they are, we all know that there is still much wanting, both in the way of counsel and attractive example, from the parent or guardian, to render the learning which a young girl has acquired at school, of substantial service to her in after years. If the daughters of the rich require to be taught, not merely to read, but, also, *what* to read, why should not this be the case with the daughters of the poor? in whose fate, an attentive observer may too often witness the truth of the adage, "a little learning is a dangerous thing," owing to the want of that discretion which is necessary to prevent the little learning becoming worthless, and even mischievous, to its possessor.

In the way of practical education, there are many things of importance to the poor, which ought to be taught them in youth, and in early youth. At the age of fifteen or sixteen, a girl should already have learned many of the duties of a servant; for if her education up to that age have been completely or much neglected, she must necessarily for the next three or four years of her life, be comparatively useless and little worthy of trust. The poor do not, as some suppose, inhale with the air they breathe any of that knowledge which is necessary to make them useful in the houses of their parents or their employers. To learn cookery, in its various branches; the making of bread; milking, butter-making, and all the many things that belong to a dairy; household offices innumerable; besides the nice art of getting up fine linen, and plain work with the needle; not only requires considerable time, but, also, unless the learner be uncommonly quick and willing, great attention on the part of the mistress who undertakes to teach them. It is lamentable to see how deficient many female servants are in some things, the knowledge of which ought to be thought indispensable. Some of them are so ignorant of plain needle-work as to be incapable of making themselves a gown; and this, too, where they happen to be what the country people call "scholars," from their ability to read a little, and to make an awkward use of the pen. A maid-servant who can assist her mistress in plain needle-work, is a really valuable person. Strange as it may seem, however, there are but

few common servants who are able to do so, notwithstanding that superiority in learning by which the present generation of the labouring people are said to be distinguished from their predecessors.

With young servants, nothing has a better effect than *encouragement*. If they are, by nature, only good tempered, and blest with as much right principle as those who have not been spoiled generally possess, whatever you say or do, in the way of encouraging them, can hardly ever fail to produce some good, though it may not always accomplish every thing that you would desire. A cheerful tone in giving directions, a manner of address which conveys the idea of confidence in the willingness, as well as the ability, of the person directed, has very great influence upon the minds of all young persons whose tempers and inclinations have not been warped by ill-usage, or soured by disappointment. Very young servants frequently take pride in their work, though it be of the most laborious kind. But, this feeling cannot be expected to continue long, where mere drudgery is for ever their lot. A young girl would be proud to improve in the more refined departments of housewifery, and would regard a little congratulation upon the lightness of her pastry, or the excellence of her cakes, as worth ten times all the thought and care which she had bestowed upon them. She might, perhaps, dislike the perpetual scrubbing of a floor, or slip away from the washing, to gossip with some idle by-stander; but if she were asked to make her pastry of to-day as good as that of yesterday, she would naturally be too well pleased with the compliment, not to be ambitious to become still more deserving of it, and not to feel additional interest in the occupation which had been the means of calling it forth. There is not a mistress who does not acknowledge the importance of a servant who is capable of relieving her from the care of preserving, pickling, wine-making, and other things of this description, which demand both skill and labour, and which must, where there is no person but the mistress herself sufficiently acquainted with them to be trusted, take up much of her time and give her considerable trouble.

To teach poor children to become useful servants, may, perhaps, be thought a serious task; but it surely cannot

be said that this sort of instruction is at all more difficult than that which is necessary to give them even a tolerable proficiency in the very lowest branches of literature. The learning which is here recommended, seems naturally more inviting, as well as more needful, than that which is taught in the ordinary course of school education; and it possesses this advantage, that while its benefits are equally lasting, they are immediately perceptible. It is sometimes said that the poor are ungrateful, and that after all the pains and trouble which may have been taken in making them good servants, it often happens, that instead of testifying a proper sense of the obligation, they become restless, and desirous of leaving those who have had all the trouble of qualifying them for better places and higher wages. Servants cannot be prevented from bettering themselves, as they call it, but that constant changing of place which operates as one of the worst examples to young women who are out at service, would become less frequent if their employments were occasionally varied by relaxation and amusement, and if their services were now and then rewarded by small presents. The influence of early habits is so universally felt and acknowledged, that it seems almost superfluous to ask why an early and industrious education of the poor, and the teaching of the youth of both sexes to look upon prosperity and right endeavour as inseparable, should not produce a taste, the reverse of that which leads to a discontented and unsettled existence. -

It is equally the interest of the rich and of the poor, that the youthful inhabitants of the mansion and those of the cottage, should grow up with sentiments of mutual good will. If the poor are indebted to their opulent neighbours for the assistance which makes a hard lot tolerable, there exists a reciprocal obligation on the part of the rich, since they could not obtain the comforts and the luxuries which they enjoy, without the aid of those who are less fortunate than themselves. But there is another and superior motive, which ought to narrow the distance between the poor and the rich: the lady of the mansion, when she meets her washerwoman in the village church, must know, that, in that place, she and the hard-working woman are equals. The lady of the

mansion, when she beholds the ravages which but a few years of toil have wrought in the once blooming and healthful country girl, is astonished, perhaps, that her own looks and health have not undergone a similar change ; but, she forgets that the pitiable creature before her has been exposed to the damp floors and steams of a wash-house, to the chill of a cold drying-ground, and the oppressive heat of an ironing stove, in order to earn her miserable portion of the necessaries of life. No wonder that her beauty has vanished ; that her countenance betrays the marks of premature age, and that her air of cheerfulness is exchanged for that of a saddened resignation. But the lady of the mansion should not, in the confidence of her own happier fate, lose sight of the fact, that this poor and destitute creature is a *woman* as well as herself ; that her poor inferior is liable to all those delicacies and weaknesses of constitution of which she herself is sensible ; and that, in the eyes of their Maker, the peeress and the washer-woman hold equal rank.

The ingratitude of the poor is often made a pretext for neglecting to relieve their wants. But are not their superiors ungrateful ? Is “ the ingratitude of the world ”, of which philosophers, from the earliest ages, have said so much, confined to the lowly and unrefined ? By no means. High birth and refinement in breeding, do not, alone, insure feelings of honour and of kindness to the heart, any more than they insure common sense and sound judgment to the head ; for these qualities seem to be in the very nature of some, while it passes the power of all art to implant them in others. It is for those who have known what adversity is, to say, whether they have not met with instances of devoted attachment, of generosity, and of every other good feeling, on the part of servants, at the very time when they have been depressed by the heart-sick sensation caused by the desertion of friends. Those have been unfortunate in their experience of human nature, who cannot bear testimony to the admirable conduct of servants in fulfilling that wearisome, and often most trying, but, at the same time, most imperative of all earthly duties, attendance upon a sick bed. Perhaps it has not occurred to most others, as it has to me, to witness such proofs of

virtue in poor people. Among the truly charitable, there are, no doubt, many in whom disgust has been excited by ingratitude. Be this, however, as it may, one thing is certain, that no probability of disappointment, no apprehensions of an ungrateful return, ought to have any influence with the mind of a Christian, and that such obstacles were never yet a hinderance to any man or woman who was bent upon doing good.

CHAPTER III.

THE STORE ROOM.

EVERY housekeeper knows the value of a good Store-room; indeed this seems to be little less essential than a good kitchen. Few modern town residences, except such as are calculated for large establishments, have a store-room sufficiently large to answer all the purposes for which it is required, and to hold all the things to be kept locked up by the mistress of the house.

In the country a large store-room is so indispensable, that where there is none a room ought to be built for the purpose; it should be on the same floor with, and as near as possible to, the kitchen; and as this would be on the ground floor, it would be necessary to make a cellar underneath, or to raise the building a little distance from the ground, to prevent its being damp, which is, above all things, to be guarded against in a place where stores are kept. It may, perhaps, be kept dry, by heat conveyed by flues from the kitchen fire; and this would be a saving of fuel and labour; but if this be not practicable, and the room cannot otherwise be kept properly dry, it should have a fire place.

If the place be sufficiently large to admit of it, and there be no other room appropriated to the purpose, there might be a closet, or press, to contain household linen. This should always be kept in a dry situation, and in some houses a small room is fitted up with closets or presses round it, some of these having shelves or drawers, for linen, and others with hooks, for a variety of things belonging to a family; but in this room there ought to be a fire-place, unless it be kept aired by one adjoining. In the store-room, there should be a closet or shelves for the china and glass which are not in every-day use. But as these ought to be secured from dust, open shelves would

not be so desirable as a closet; and where expence is not of importance, glass doors would be the most convenient as well as ornamental. Preserves and pickles require air; they will ferment if kept shut up, or if the place be very warm; and, therefore, open shelves are best for these; and they should be placed at a convenient distance from the ground, so as not to be out of sight, for they ought to be examined every now and then, and the coverings kept free from dust. For bottles of green gooseberries, peas, or any kind of fruit which is preserved dry, and without sugar, there should be shelves with holes in them, to turn the bottles with their necks downwards. This method excludes the air more effectually than any other.

A dresser is a great convenience in a store-room; if that be not attainable, a table in the middle of the room may answer the purpose; but in either of these, or at the bottom of the linen press, there should be drawers for the dusters, tea-cloths, and such things, unless they be kept in the Pantry.

There should be boxes for candles and soap, but as these cause a smell, the store-boxes may be kept in a garret, or in any dry place about the house, and a smaller quantity kept in the store-room for immediate use. Candles and soap should be kept in a dry, but not in a warm place. Late in the summer is the best time to lay in the year's stock of candles and soap. Both are the better for being kept some time before they are used; and the latter should be carefully cut in pieces of the size required for the different household purposes, and left, before they are packed in the box, for a few days exposed to the air; but not in a thorough draft, for that would cause the soap to crack. It is great mismanagement to buy candles a few at a time, and soap just as it is wanted; and it is bad policy to buy cheap candles. The dearest articles are not always the best; but it is very certain that the best are the cheapest. Good candles afford more light than bad; and they do not waste, particularly if they have been kept some time, even for one or two years.

There ought to be a place in the store-room appropriated to the keeping of groceries, for they, too, should be laid in, not oftener than two or three times a year.—The price of starch varies with the price of flour; and, there-

fore, as it keeps well, a stock should be laid in when flour is at a low price. Rice keeps very well, and is useful in a family, particularly in the country, where new milk and eggs are easily obtained. We once kept a quantity, for more than three years, by spreading a well-aired linen sheet in a box, and folding it over the rice, the sheet being lifted out on the floor, once in two or three months, and the rice spread about upon the sheet for a day or two. This had the effect of keeping away the weevil. Jars and canisters, with closely fitting lids, for tea, sugar, coffee, cocoa, mustard, pepper, spices, and all other such things, will last many years. By giving, in the course of the year, one or two large orders to any respectable shop, and always to the same one, you may pretty well depend upon being supplied with good articles; but not so, if you send here and there, and for small quantities at a time; besides the great inconvenience of finding yourself, now and then, without the very thing which you want, and the trouble of sending every Saturday by the carrier perhaps; to say nothing of having to open the different parcels and put away their contents on a Saturday night or Sunday morning, or leave them, for a day, to the mercy of the rats and mice. To dispose of these things properly, they should be kept in a closet, some in earthen jars, others in tin or japan boxes; and the spices in little drawers very closely fitted. If drawers, which are preferable, they should be neatly labelled.— Unless there be a medicine chest in the house, there might be a little nest of drawers in the store room, these closely fitting, and lined with stout paper, for medicinal articles (a list of which will be found in this book), such as could be safely administered when it might not be necessary to send, perhaps, many miles for a doctor. With medicines there should always be kept proper weights and scales, and also graduated glasses, for measuring liquids.

As it may be convenient sometimes to perform little culinary matters in the store-room, there should be a rolling pin, pasteboard, and pestle and mortar kept there, in addition to those of the kitchen, and on this account a small marble slab would be very useful for the making of pastry in hot weather. The fire place might have an

oven attached to it; for though it would be imprudent to heat the store-room, on account of preserves, &c., it may be occasionally used when there is more cooking to be done than usual. Besides which, in the season for making preserves, a hot plate in the store room would be found useful.—Weights and scales of various sizes are absolutely necessary, that the housekeeper may be able to ascertain the weight of the largest joint of meat, as well as of the smallest quantity of spice. Care should be taken to keep these in good order.—A hanging shelf is also a good thing in a store-room. Here the flour-bin may find a place, if there be no other more suitable.

A store-room of this description is not adapted for the keeping of fruit; it would be too warm, besides that the fruit might prove injurious to other stores, from the smell which it occasions. There are various methods of keeping apples through the winter; but scarcely any other will be found to succeed so well, as that of making layers of fruit, and layers of perfectly fresh, and dry straw, in hampers, boxes, or in the corner of a dry room. The apples should be examined every now and then, the specked ones taken away for use, the others wiped, and covered up again. In hard frosts, windows that have no shutters should be covered with rugs, old carpet, or mats, and something of the same kind spread over the apples. When we were in America, we were surprised to find that our neighbours took so little care to preserve their apples during the three months of unremitting hard frost which occur in their winter season. They merely laid their apples on the floor of a spare room, sometimes of the barn, or of an out-house, each sort by itself, and then covered them with a linen sheet. The people told us that their apples never became frozen, and we attributed this, in a great measure, to the dryness of the atmosphere. Apples and pears may also be preserved in the following way. Gather them on a dry day: wipe, and roll them, singly, in very soft paper, then pack them in jars, each containing about a gallon. Put a cover on the jar, and cement it closely, so as to keep out the air; and place the jar in a dry cellar. When a jar is opened, the fruit will eat the better for being taken out of the paper, and exposed

to the air of a warm room for two or three days. Large baking pears may be suspended by their stalks on lines placed across near the ceiling of a room. There are many ways of preserving grapes; but the best way is, to gather them with about five or six inches of the branch to each bunch, to seal the end with common sealing wax, and to hang them to lines in a dry room. Examine them frequently, and cut out the mouldy berries. Nuts of all kinds may be preserved in jars, the covers cemented, and the jars placed in a dry cellar.

In this short sketch of what a store-room ought to be, even in the plainest houses in the country, many things requisite to the fitting up of a complete one may have been omitted. But one thing, more necessary to be observed than any other, must not be omitted; which is, that it must be always in order, and every thing kept in its proper place, or the main object in having it will be defeated. A store-room out of order can be compared to nothing but a drawer in a state of confusion. A lady once dressing in haste, to keep an appointment for which she was already too late, needed the assistance of all about her to aid in her search for different articles necessary to complete her toilet. I sought a pair of gloves, and discovered many single ones of various sorts and colours, but no two to form a perfect match. And with this ill success must have ended my labours, if the drawer had not been regularly *put to rights*; and by the time that scarfs were folded, ribands rolled, collars smoothed, and scissors disentangled from sewing silk, half a dozen gloves were paired.

The saving of time that is occasioned by observing order, and the waste of time that is occasioned by want of order, are incalculable. A general putting to rights every now and then, does not answer the purpose, because in that case, it is sure to happen that some things will find new places; and persons coming in a hurry, will be unable to find them. The mistress of a house, when she sends her servant or a child to a store-room, should be able to say precisely where what she wants may be found. Negligence, and its companion disorder, are the two demons of housekeeping. Once admit them, and, like the moth, they gradually but completely destroy.

CHAPTER IV.

THE PANTRY.

WHAT is commonly called the *Butler's Pantry*, does not, of necessity, imply the presenee of a butler; nor does it require to be spaeious, when the china and glass not in daily use is kept in the store-room. Where women servants only are kept, the care of the pantry belongs either to the parlour-maid or the house-maid, and the same servant usually performs the office of laying the cloth and waiting at table; which is always done better by women, than by men servants, execept it be the higher order of men servants, those who are in the daily practiee of it, and whose oeeupation is in the house. The same hands which, in the morning, rubbed down the horses, swept the stable, eleaned the harness, and blaekened the shoes, seem unfit to be employed in plaeing dishes on the dining-table, folding up napkins, and handling tea-things. It is almost impossible that oeeupations so widely differing should be equally well suited to one and the same person. The employing of men servants in work which properly belongs to women, is highly objectionable; and nothing renders the travelling in the South of France and Italy so disagreeable, as the being waited on by men, aeting as house-maids and ehamber-maids. If, indeed, men were employed to scrub the floor, wash the stone halls, and elean the dirty door-steps in London, the lives of many female servants might be saved. But the more delicate oeeupations, such as wiping glasses, trimming eandles, and waiting in the parlour, seem more suitable oeeupations for women.

Some women servants, it is true, never learn to wait at table well; but then, others are very expert at it. Short people are generally the most nimble, but it would be desirable for the servant who waits at table to be tall, for

the convenience of setting on and taking off dishes; besides that it requires long arms to carry heavy mahogany trays. Practice is as necessary to good waiting, as it is in any of the higher domestic occupations. The mistress, therefore, should insist on the same particularity in preparing the table, arranging the side-board, and waiting at dinner, when her family dines alone, as she requires when there are visitors; because, in the latter case, an increase in number gives quite sufficient additional trouble to a servant, without her being thrown into confusion by having to do what she may have forgotten, from being out of the habit of doing.

There is one item of expenditure in housekeeping which should not be too narrowly restricted, and that is the cost of washing in table-cloths and napkins. The fineness would not be so much a matter of consideration with me, neither should I desire a clean table-cloth every day, merely for the sake of the change; but if it were at all soiled, I would rather not see it on the table again. It is a very neat practice to spread a napkin on the centre of the table, large or small according to the size of the latter, and to remove it with the meat. In Italy, this napkin is clean every day, and I have seen it folded, in a three-cornered shape, and then crimped at the edges with the thumb and finger, which, when the napkin was spread out, gave it a pretty appearance. It is also a neat practice, to place the dessert on the table cloth, and a convenient one too, where there are few servants, because the cloth saves the table; and rubbing spots out of dining tables, day after day, seems waste of labour. But the cloth must be preserved from gravy spots, or it will disgrace the dessert. A baize between two cloths is sometimes used, and this, being rolled up with the upper cloth and removed with the dinner, leaves the under cloth for the dessert. A table cloth *once folded* may be laid over the one which is spread, and then removed with the dinner.—A table cloth press is a great convenience.

The fitting up of the pantry must in a great measure be regulated by the style of the establishment, but, in any case, there should be a dresser, furnished with drawers, one for table cloths, napkins and mats (unless all these be kept in side-board drawers); another for tea cloths,

glass cloths, clean dusters, &c. &c. and another drawer lined with baize for the plate which is in use. Plate-leathers, flannels and brushes, should be kept in a bag; and the cloths, and brushes used in cleaning furniture, in another bag, to preserve them from dust. If it be practicable, a small sink, with the water laid on, will be found a great saving of time and trouble. There should also be a horse, or lines, for drying tea and glass cloths upon.

China and glass, whether plain or of the finest kind, require to be kept equally clean; and the servant whose business it is to attend to these things, ought to have soft cloths appropriated to that purpose. China should be washed in warm water, with a piece of flannel, and wiped with a clean and soft cloth, or it will look dull. Glass should be washed in cold water, drained nearly dry, and then wiped; but if the cloth be not clean and dry, the glasses will not look clear. For cut glass there should be a brush, because a cloth will not reach into the crevices to polish it; and dull looking salts, or other cut glass, spoil the appearance of a table. Wash lamps and lustres with soap and cold water. When looking glasses are become tarnished and dull, thump them over with a linen bag containing powdered blue, and wipe it off with a soft cloth.

Paper trays are the best, considering the small difference in the price, compared with the great difference in the appearance: it would be better to save in many other things, than to hear tea-things, glasses, or snuffers, jingle on japan. Paper trays are very durable, if taken care of. They will seldom require washing; but when they do, the water should only be luke-warm, for if hot water be poured on them the paper will blister. Wipe them clean with a wet cloth, and when dry, dust a little flour over, and wipe that off with a soft cloth. To prevent their being scratched, tea-boards and trays may be kept in green baize cases, and placed under the dresser of the pantry, or, if convenient, hung against the wall, so as to be out of the way when not in use.

Plate, whether plain or handsome, old or new, looks very badly if not perfectly clean and well polished. Washing is of more consequence than any thing else; and if it be washed in warm soft water, wiped dry with a

linen eloth, and then polished with leather, it will not want any other sort of eleaning oftener than once a week. Careless or unskilful servants may do great injury to plate, by using improper things to give it a polish, or by rubbing it too hard; for the former wears away the plate, and the latter bends it. Plate should be kept ecovered up as much as possible, when not in use, to preserve it free from tarnish. Tea pots, eoffee pots, sugar bowls, ecream jugs, eandlestieks, and all large things, should eeach have a separate bag of eloth or baize; and a lined basket to eontain all the plate which is in daily use, will eeffectually preserve it from seratches. Where there is neither a regular butler, nor a housekeeper, to take echarge of it, the mistress of the house usually has the plate basket taken every night into her own room, or that of some one of the family, where it may oceasionally be looked over and eompared with the inventory, which ought to be always in the basket. If a spoon, or any artiele, be missing, it should be immediately and strietly inquired after; the eeffect of this will be that the servant who has the eare of these things will take more eare of them for the future. It has happened to us to have spoons found, at different times, in the pig-stye, which had been thrown out in the wash. If they had not been diseovered there, the servant, who was only eareless, might have been suspected of dishonesty.

To clean Plate.

Having ready two leathers, and a soft plate brush for ereviees, and the plate being washed elean, rub over it, with a pieee of flannel, a mixture of levigated hartshorn and spirits of turpentine; rub this off with one of the leathers, and then polish with the other one. If the plate be very dirty, and have not been eleaned for some time, first boil it in soap and water, and then follow the above direections. *Another, and a very good receipt.*—Boil 1 oz. of prepared hartshorn powder in a quart of water. While it is on the fire, put in as many artieles of plate as the vessel will eontain; let it boil a little; take them out; drain and dry them over the fire, and when quite dry, rub them bright with a pieee of leather. When all the plate

has been boiled, put some clean linen rags into the saucepan, to soak up the water; hang them up to dry, and they will serve to clean the plate another time, after it has been washed in warm water. One of these rags should be kept to clean brass locks and finger plates.—Some persons prefer, to all other methods of cleaning plate, the following: moisten some finely powdered whitening with spirits of turpentine or gin, rub it over the plate, let it dry, then rub it off with flannel, and polish with leather.

Mahogany furniture always looks the better for a manservant, for great labour is required to give it a high polish. But much of the labour necessary to keep tables in good order might be saved, if mats were always used when jugs of hot water are placed on the table; and, also, if the servant were brought to apply a duster the instant any accident had occurred, which might cause a stain. For this purpose a clean and white duster should always be in readiness. There are many good receipts for polishing; but no one will take effect, unless the mahogany be first well cleaned, either by rubbing with a dry cloth, or, if necessary, washing with beer. Indeed, scraping is sometimes required; for nothing looks worse than dirt shewing itself through a coat of varnish. To take out ink spots, dip a feather lightly into vitriol, and touch the spot; then rub it quickly, and if the ink be not removed, repeat the process. A burnt cork will remove some kinds of stains. In using a brush, never brush across the grain, which servants are apt to do who know no better. The last polish should be given with a piece of soft old silk; indeed all the cloths used about highly polished furniture should be soft. Rosewood should be carefully dusted with a soft cloth, as should, likewise, furniture which has the French polish, as well as japanned, and other ornamental wood.

A POLISH FOR MAHOGANY.

One quart of cold-drawn linseed oil, two pennyworth of rose pink, and the same of alkanet root. Rub a very small quantity on the tables over night, and rub it off quite dry in the morning, with a linen cloth; do not use

a brush, or a woollen cloth. If the tables are much stained, or have been rubbed with wax, they must be planed, otherwise this mixture will have no effect. The polish must be applied every day till the mahogany looks well, and then once or twice a week will be sufficient.

A FURNITURE PASTE.—Serape $\frac{1}{2}$ lb. of bees-wax into a bason, and add as much spirits of wine, or turpentine, as will moisten it; when the wax is dissolved, add as much Indian pink as will give it a fine colour. Stir well, and put it by in a jar for use. Put a little on with a soft cloth, rub it off soon, and polish with another soft cloth.

Another.—Boil bees-wax in spirits of wine, till it becomes a paste; but take care it do not boil over.

There is nothing which betrays slovenliness in servants, and want of attention to their household in mistresses, more than ill-used and badly cleaned knives and forks. Plate, glass and china, however common, may be made to answer every purpose for which it is required; but knives and forks ought to be good in quality, or they soon wear out, besides that nothing looks so bad on a table as bad knives and forks, and when good they are so expensive that it is unpardonable not to take care of them. Carving knives are things of great consequence; there should be a judicious assortment of these, to suit various joints, or different carvers, and particular attention paid to the cleaning and sharpening of them. When it can be done, knives and forks should be cleaned immediately after they have been used; but where this would be inconvenient, they ought, if possible, to be dipped in warm (not hot) water, wiped quite dry, and then laid by till the time of cleaning comes. After bath brick has been used, dip the handles into luke warm water, or wipe them with a soaped flannel, and then with a dry soft cloth. Men servants, except the more experienced ones, seldom *wipe* knives and forks with sufficient care; but it is next to impossible for a woman to clean them well, besides that it is rather a masculine occupation. To preserve those not in daily use from rust, rub them with mutton fat, roll each one in brown paper, and keep them in a dry place. A good kind of knife-board, used by some persons, is made as follows: take a perfectly smooth board, and cover it with thick buff leather, which must

be pulled tight, and nailed on the under side ; then spread over it, the thickness of a shilling, a paste made of one fourth part of emery powder, and three parts of crocus, mixed well with lard. It is probable there may be less danger of turning the edges, on this composition, than by rubbing them on bath brick. Both knives and forks are the better for being occasionally plunged into fresh fine earth, and left there ten minutes or so. This sweetens them. As a substitute for earth, fill an oyster barrel with fine sand, mixed with hay or moss ; keep this wetted, and occasionally run the knives and forks into it, taking care, in either case, to wipe them dry instantly after.

Knife-trays are not always considered to require so much care as they ought to have. Being generally out of sight when in the dining room, they are often neglected in the pantry ; but they ought to be as delicately clean as the waiters on which glasses are handed. The tray made of basket work and lined with tin, is preferable to every other sort ; and there should be a clean cloth spread in it, before it is brought into the parlour, and also one in the second tray which is to receive the knives and forks as they are taken from the table.

CHAPTER V.

THE LARDER.

A good larder is essential to every house. It should have a free circulation of air through it, and should not be exposed to the rays of the sun. If it can be so contrived, the larder ought to be near the kitchen, for the convenience of the cook. For a family of moderate style of living, the larder need not be very roomy. There should be large and strong hooks for meat and poultry; a hanging shelf so placed that the cook may reach it with ease; and a safe, either attached to the wall, or upon a stand, for dishes of cold meat, pastry, or any thing which would be exposed to dust and flies on the shelf. Wire covers should be provided for this purpose, and in hot weather, when it may be necessary to place dishes of meat on a brick floor, these covers will be found to answer every purpose of a safe. There should be a pan, with a cover, for bread, and another for butter. There might be a shelf, for common earthenware bowls, dishes, and common pie-dishes, as these would occupy too much room on the kitchen dresser, and interfere with the dinner set, which latter, well arranged on the dresser and shelves, is a great ornament to the kitchen. Cold meat, and all things left from the dinner should be put away in common brown or yellow ware; there ought, therefore, to be an ample supply of these. Tubs and pans for salted meat sometimes stand in the dairy, but it is not the proper place for them, for no kind of meat ought ever to be kept in a dairy.

Meat should be examined every day in cold, and oftener in warm weather, when it will sometimes taint very soon. Scrape off the outside, if there be the least appearance of mould, on mutton, beef, or venison; and flour the parts you have scraped. By well peppering

meat you may keep away flies, which sometimes cause so much destruction in a very short time. But a very coarse cheese-cloth wrapped round the joint, is more effectual, if the meat is to be dressed soon. Remove the kidneys, and all the suet, from loins which are wanted to hang long in warm or close weather, and carefully wipe and flour that part of the meat. Before you put meat which is rather stale to the fire, wipe it with a cloth dipped in vinegar. A joint of beef, mutton, or venison, may be saved by being wrapped in a cloth and buried, over night, in a hole dug in fresh mould. Veal ought not to be kept long before it is cooked. Pork does not keep better than veal, and lamb by no means improves by keeping.

Poultry and game will bear keeping for some length of time, if the weather be dry and cold, but if moist or warm, poultry will be more liable to taint, than venison or any kind of meat, except veal. A piece of charecoal put inside of any kind of poultry will greatly assist to preserve it. Poultry should be picked, drawn and cropped, if it is to be kept. Do not wash, but wipe it clean, and sprinkle the parts most likely to taint with pounded loaf sugar, salt, and pepper. As I should myself reject the use of all chemical processes, for the preservation of meat, I do not recommend them to others.

Frost has a great effect upon meat, poultry and game. Some cooks will not be persuaded of the necessity for its being completely *thawed before it is put near the fire*; yet it neither roasts, boils, nor eats well, unless this be done. If slightly frozen, the meat may be recovered, by being kept for five or six hours in the kitchen; but it ought not to be near the fire. Another method, and a sure one, is, to plunge a joint into a tub of *cold* water, and there let it remain two or three hours, or even longer; and the ice will appear on the outside. Meat should be cooked immediately after once it has been thawed, for it will keep no longer.

If the taste of all persons were simple and unvitiated, there would be little occasion for the cook's ingenuity to preserve meat after it has begun to putrefy. An objection to meat in that state, does not arise merely from distaste, but from a conviction of its being most

unwholesome. There may have been a difference of opinion among scientific men upon this subject: but, it seems now to be generally considered by those who best understand such matters, that when meat has become poisonous to the air, it is no longer good and nutritious food. The fashion of eating meat *à la cannibale*, or half raw, being happily on the decline, we may now venture to express our dislike to eat things which are half decomposed, without incurring the charge of vulgarity.

SALTING AND CURING MEAT.

The Counties of England differ very materially in their modes of curing bacon and pork; but the palm of excellency in bacon has so long been decreed to Hampshire, that I shall give no other receipts for it, but such as are practised in that, and the adjoining counties. The best method of keeping, feeding, and killing pigs, is detailed in the *Cottage Economy*; and there, also, will be found directions for salting and smoking the flitches, in the way commonly practised in the farm-houses in Hampshire. The following receipts are somewhat more expensive than those of the *Cottage Economy*; but they all come from persons who are celebrated for having the finest and most delicate flavoured bacon and hams.—The *smoking* is an important affair, and experience is requisite to give any thing like perfection in the art. The process should not be too slow nor too much hurried. The skin should be made of a dark brown colour, but not black; or by smoking the bacon till it becomes black, it will also be made hard, and cease to have any flavour but that of rust.—Before they are dressed, both bacon cut from the flitch, and hams, require to be soaked in water; the former an hour or two, the latter, all night, or longer, if very dry. But, according to some authorities, the best way to soak a ham is to bury it in the earth, for one, two, or three nights and days, according to its state of dryness. Meat will not take salt well either in frosty or in warm weather. Every thing depends upon the first rubbing; and the salt, or pickle, should not only be well rubbed in, but this is best done when done by a hard hand. Dr. KITCHENER gives the following general direction for salt-

ing meat:—"6 lbs. of salt, 1 lb. of coarse sugar, and 4 oz. of salt petre, boiled in 4 gallons of water, skimmed and allowed to cool, forms a very strong pickle, which will preserve any meat completely immersed in it. To effect this, which is essential, either a heavy board or flat stone must be laid upon the meat. The same pickle may be used repeatedly, provided it be boiled up occasionally with additional salt to restore its strength, diminished by the combination of part of the salt with the meat, and by the dilution of the pickle by the juices of the meat extracted. By boiling, the *albumen*, which would cause the pickle to spoil, is coagulated and rises in the form of scum, which must be carefully removed."

It is a good practice to wash meat before it is salted. This is not generally done; but pieces of pork, and, more particularly, beef and tongues, should first lie in cold spring water, and then be well washed to cleanse them from blood and all impurities, in order to ensure their being free from taint; after which, drain the meat from the water, and it will take the salt much quicker for the washing.—Examine the meat well; and be careful to take all the kernels out of beef.

With most persons it is essential that salted meat should be red. For this purpose, salt petre is necessary. Otherwise, the less use is made of it the better, as it very much tends to harden the meat. Sweet herbs, spices, and even garlic, may be rubbed into hams and tongues, with the pickle, according to taste. Bay salt gives a nice flavour. Sugar is generally used in curing hams, tongues and beef; for the two latter some persons recommend lump sugar, as it makes the meat eat short. Others think that treacle gives a better flavour.

In cold weather salt should be warmed before the fire. Indeed, some persons think it should be used quite hot. This causes it to penetrate more readily into the meat than it does when rendered hard and dry by frost.

Salting troughs or tubs should be kept delicately clean, and always in an airy place. After meat of any kind has been once well rubbed, keep it covered close, not only with the lid of the vessel, but, in addition, with the thick folds of some woollen article, in order that the air may be effectually excluded. This is recommended by good

housekeepers; yet in Hampshire the salting trough is sometimes left uncovered, and the flitches purposely exposed to the air.

To cure Bacon.

As soon as the hog is cut up, lay the flitches on a brick floor, sprinkle salt thickly over them, and let them lie for a night. Then wipe the salt off, and lay them in a salting trough. For a large flitch of bacon, allow 2 gallons of salt, 1 lb. of bay salt, 4 cakes of salt prunella, a $\frac{1}{4}$ lb. of salt petre, and 1 lb. of common moist sugar; divide this mixture into two parts; rub one half into it the first day, and rub it in *well*. The following day rub the other half in, and continue to rub and turn the flitch every day for three weeks. Then hang the flitches to drain, roll them in bran, and hang them to smoke, in a wood-fire chimney. Do not forget that the more quickly, in reason, they are smoked, the better the bacon will taste.

Another.

Boil, and skim well, in 1 gallon of spring water, 1 lb. of bay salt, a $\frac{1}{4}$ lb. of sugar, and 2 oz. of salt-petre. When cold, put in your meat, and let it lie for three weeks; rub and turn every third day.

To cure a Ham.

Let a leg of pork hang for three days; then beat it with a rolling pin, and rub into it 1 oz. of salt-petre finely powdered, and mixed with a small quantity of common salt; then let it lie all night. Make the following pickle: a quart of stale strong beer, $\frac{1}{2}$ lb. of bay salt, $\frac{1}{2}$ lb. of common salt, and the same of brown sugar; boil this fifteen or twenty minutes, then wipe the ham dry from the salt, and, with a wooden ladle, pour the pickle, by degrees, and as hot as possible, over the ham; and as it cools, rub it well into every part. Rub and turn the ham every day, for a week, then hang it, a fortnight, in a wood smoke chimney. When you take it down, sprinkle black pepper over the bone, and into the holes, to keep it safe from hoppers, and hang it up in a thick paper bag.

Another.

Beat the ham well with a rolling pin, then rub it all over with French brandy, and place it in a deep dish. Mix 1oz. of saltpetre, a $\frac{1}{4}$ lb. of bay salt, and 3oz. of juniper berries, if you have them; also put two good handfuls of common salt, 1oz. of salt prunella, and $\frac{1}{2}$ lb. of coarse brown sugar, into a pint of strong ale; rub this well into the ham, and baste with it, three or four times every day, for six weeks.

Another.

Beat the ham well on the fleshy side with a rolling pin, then rub into it, on every part, 1oz. of salt petre, and let it lie one night. Then take a $\frac{1}{2}$ pint of common salt, and a $\frac{1}{4}$ pint of bay salt, and 1lb. of coarse sugar or treacle; mix these ingredients, and make them very hot in a stew pan, and rub in well for an hour. Then take $\frac{1}{2}$ a pint more of common salt and lay all over the ham, and let it lie on till it melts to brine; keep the ham in the pickle three weeks or a month, till you see it shrink. This is sufficient for a large ham.

Another.

Rub well with common salt, and let the ham lie three days, then drain it from the brine, and rub into it the following: $\frac{1}{2}$ lb. brown sugar, $\frac{1}{4}$ lb. salt petre, and 1lb. common salt, all well dried: turn the ham every day, for a month.

Another, said to be equal to the Westphalian.

Rub a large fat ham well, with 2 oz. of pounded salt petre, 1oz. of bay salt, and a $\frac{1}{4}$ lb. of lump sugar: let it lie two days. Prepare a pickle as follows: boil in 2 quarts of stale ale, 1lb. of bay salt, 2lb. of common salt, $\frac{3}{4}$ lb. of lump sugar, 2 oz. of salt prunella, 1 oz. of pounded black pepper, and $\frac{1}{2}$ an oz. of cloves; boil this well, and pour it boiling hot over the ham. Rub and turn it every day for three weeks or a month; then smoke it for about a fortnight.

To cure a Mutton Ham.

A hind quarter must be cut into the shape of a ham: rub into it the following mixture, $\frac{1}{4}$ lb. saltpetre, $\frac{1}{4}$ lb. bay salt, 1lb. common salt, and $\frac{1}{4}$ lb. loaf sugar; rub well, every other day, for a fortnight, then take it out, press it under a weight for one day, then hang it to smoke ten or fifteen days. It will require long soaking, if kept any length of time, before it is dressed. Boil very gently, three hours. It is eaten cut in slices, and these broiled for breakfast or lunch.—*Or*: the ham smoked longer, not boiled, but slices very thinly shaved to eat by way of relish at breakfast.

To pickle Pork.

For a hog of 10 score.—When it is quite cold, and cut up in pieces, have well mixed together, 2 gallons of common salt, and $1\frac{1}{2}$ lb. of salt petre; with this, rub, very well, each piece of pork, and, as you rub, pack it in a salting tub, and sprinkle salt between each layer. Put a heavy weight on the top of the cover, to prevent the meat's swimming. If kept close and tight in this way, it will keep for a year or two.—N. B. A leg of pork will be sufficiently salted in eight days. Rub and turn it every day.

To pickle a Tongue.

Rub the tongue over with common salt; and cut a slit in the root, so that the salt may penetrate. Drain the tongue next day, and rub it over with 2 oz. of bay salt, 2 oz. of salt petre, and 2 oz. of lump or coarse sugar, all mixed together. This pickle should be poured over the tongue, with a spoon, every day, as there will not be sufficient liquor to cover it. It will be ready to dress in three weeks or a month.

To salt Beef.

For a piece of 20lb. weight.—Sprinkle the meat with salt, and let it lie twenty-four hours; then hang it up to

drain. Take 1 oz. of saltpetre, a $\frac{1}{2}$ oz. of salt prunella, a $\frac{1}{4}$ lb. of very coarse sugar, 6 oz. of common salt, all finely powdered, and rub it well into the beef. Rub and turn it every day. It will be ready for dressing in ten days, but may be kept longer. It should boil very slowly, and when done, should stand, in the pot, by the fire, half an hour.

An Edge Bone.

To one of 10 or 12 lb. weight allow $\frac{3}{4}$ lb. of salt, and 1 oz. of moist sugar. Rub these well into the meat. Repeat the rubbing every day, turning the meat also, and it will be ready to dress in four or five days.

Tongue Beef.

After the tongues are taken out of the pickle, wash and wipe dry a piece of flank or brisket of beef; sprinkle with salt, and let it lie a night; then hang it to drain, rub in a little fresh salt, and put the beef into the pickle; rub and turn it every day for three or four days, and it will be ready to dress, and if the pickle have been previously well prepared, will be found to have a very fine flavour.

To smoke Beef.

Cut a round into pieces of 5 lb. weight each, and salt them very well; when sufficiently salted, hang the pieces in a wood smoke chimney to dry, and let them hang three or four weeks. This may be grated, for breakfast or luncheon.

To make pickle for Brawn.

To rather more than a sufficient quantity of water to cover it, put 7 or 8 handfuls of bran, a few bay leaves, also salt enough to give a strong relish; boil this an hour and a half, then strain it. When cold pour the pickle from the sediment, into a pan, and put the meat into it.

Another.

To 1 gallon of spring water add 1 quart of vinegar, $1\frac{1}{2}$ lb. of salt, a $\frac{1}{4}$ lb. of saltpetre, and a $\frac{1}{3}$ oz. of cayenne pepper, also the juice of 6 lemons, and 24 bay leaves. Let this boil half an hour, and when cold pour it over the brawn.

CHAPTER VI.

BILLS OF FARE.

IN arranging a breakfast, dinner, or supper, for company, it should always be borne in mind, that there ought to be enough for the repast; but, that a table over loaded gives no proof of the taste of the mistress of the house, and conveys no compliment to her guests. It should be the next object to insure perfection in the cookery of every dish; for one or two failures will discredit the whole. If the servants who are to be employed on the occasion are not quite capable, it is much better to make certain of success by having pastry, jellies, and ornamental dishes, from a confectioner, than to run the risk of having expensive materials wasted, and the mistress of the house disconcerted by the inferior appearance of her dinner.

The different things should be strictly in season, because few things are good out of it; but there is no sense in striving to have any thing *before* its proper season. The wise people who presume to denounce the order of nature, by forcing her delightful productions out of their course, do not deserve her bounties; and it is a pity that those persons who cannot condescend to eat green peas in June, should ever be allowed to eat them at all. It may be owing to prejudice; but I scarcely ever tasted any fruit or vegetable which had been *forced*, that I did not fancy it wanting in flavour as compared with the more natural productions of the earth. It may to some be a mortifying fact, but nevertheless a fact it is, that there is no poor labouring man, if he have ever so small a bit of garden, who does not eat green peas in greater perfection than they are ever eaten when they cost a guinea a quart.

Care should be taken that for the same party of guests, the same routine of dishes be not often provided. It is very well that a house should be celebrated for excellence

in one, two, or more, particular things; but it is not well that visitors should be able to guess exactly what dishes will be placed before them. Yet, in some houses, not only the same joint, but the same pudding, and the same creams, are sure to be seen in just the same places, on the same table, from one year to another. This is bad taste. A change of dishes, particularly of the sweet kind, shews that the ingenuity of the lady, or ladies, of the house, has been exercised, to please the sight as well as the appetite of the guest; and a new cake or a new trifle is quite as creditable to the judgment of a young lady, as a new piece of any sort of fancy work.

A Fashionable dinner is arranged as follows. Lights, plateau, epergne or vases, in the centre of the table: two soups, one at each end, and these removed by two dishes of fish; little patties down the sides; the sauces for fish not put on the table, but handed round, from the sideboard. Wine not on the table, but handed by the butler, as it is asked for. All joints of meat, beef, mutton, venison, veal, lamb, hams, and tongues, are placed on the sideboard, and carved by the butler, and the company helped to whatever they ask for. All plain cooked vegetables are also handed from the sideboard.—The soup and fish, which form the first course, are removed by poultry, made dishes, and dressed vegetables.—The third course consists of game, omelets, pastry, and confectionary.—With the first course there should be handed round, fish sauces, rasped bread crumbs, and grated parmesan cheesc. With the second course, plain boiled or mashed potatoes, and greens; also salad, cucumbers, pickles, and sauces appropriate to the different dishes of meat.

Let it be always remembered that a dinner table should be exceedingly well lighted, and the sideboard also. Candles afford a much pleasanter light than lamps, and the appearance of the table benefits much more from the soft light they give, than it does from the harsh glaring of lamps; indeed these are not much used at dinner tables. They are also very expensive, and are often out of order. Candles should be at a good distance from the table; therefore high branches are best; and they should be placed at different parts of the table.

One of the most elegant, and certainly the most agree-

able of modern entertainments, is a public breakfast, followed by a dance. Pic-nics are very delightful, when the weather is really fine ; but if the grass be in the least damp, or if apprehensions be entertained of stormy or showery weather, the pleasure of the party must be destroyed ; and reliance can not always be placed upon the appearance of the weather for many hours together. But a breakfast within doors, followed by a walk for an hour or two, and this succeeded by a dance, begun before twilight, and ended before midnight, is rational and healthful, as well as amusing ; and is better calculated to show the complexions of ladies to advantage, than the glare of lustres, the heat of crowded rooms, and the fatigue of dancing at four o'clock in the morning. The light pretty summer morning dress, decorated with bright colours vying with the splendour of the noon day sun, but which fade under the glare of artificial light, is more becoming and attractive than the glitter of diamonds and the reflection of looking glasses.

The following bills of fare are given, because such things are usually inserted in works of this kind, but particular bills of fare can seldom be of much use ; the number of dishes, and the selecting of them, must be regulated by the number of guests, the season in which the entertainment is given, and a variety of other circumstances.—It is to be recommended that no first attempt at any particular piece of cookery be reserved for a day upon which company is expected. It often happens that a first attempt does not succeed, and a failure before company is not agreeable. In the arranging of a dinner table, an experienced cook, such a one as every young housekeeper ought to endeavour to have, will always give her mistress better advice upon the subject than can be given in any book.

The bill of fare for a supper is sufficient for a party of fifty or sixty persons. Some of the most expensive articles may be left out, and sandwiches substituted. At a late ball-supper, soup is sometimes an agreeable addition, and is by no means so expensive or so difficult to prepare as the many nick-nack disguises, composed of sugar and white of egg, which may puzzle curiosity a little, but are very unsatisfactory eating. A supper table ought not to be crowded, and should be lightly ornamented

with flowers, evergreens, water cresses in their season, and such articles of plate and cut glass as are suitable to the occasion. It is a much better plan for all the ladies to sup first, and then to leave the gentlemen, than it is for the party to be divided into one, two, or three sittings down to table. The gentlemen, in the latter case, are, or they ought to be, too much occupied in attending to their partners, to take care of themselves.

It has been suggested that, at a stand-up supper, it would be an improvement upon the usual practice, if the sandwiches, creams, and other sweets which are handed round to the company, were preceded by soup. The soup should be quite hot ; and it will be the best substitute for such substantial dishes as cannot be eaten without the aid of a knife and fork.

Directions for *carving* will be found in another part of this book, by referring to the Index.

A BREAKFAST.

Ham in Jelly.	Tea.	Chickens.
	Sponge Cakes.	
Potted Shrimps.		Potted Salmon.
Preserves.	Caramel	Anchovy Butter.
	Butter.	Butter.
Ginger Cream.	Basket.	Jelly.
	Sugar.	Cream.
Fresh Fruit.		Fresh Fruit.

In the centre,

Chocolate.	a plateau, <i>or</i> epergne,	Cocoa.
	large cake ornamented,	
	<i>or</i>	
	flowers.	

Fresh Fruit.	Caramel	Fresh Fruit.
	Cream.	Sugar.
Wine Jelly.	Basket.	Coffee Cream.
Tartlets.	Orange Flower	Preserves.
	Butter. <i>or</i>	Butter.
Lobster Salad.	Lemon Cakes.	Potted Pigeons.
Raised Pie.	Coffee.	Tongue ornamented.

Note.—Boiled eggs, toast, rolls, muffins, and cakes should be handed round. The above table has a sufficiency of meat, but more pastry, preserves and fruit may be added. Light wines and liqueurs are always on the table, and ices in their season. Sandwiches may be placed on the table.

A FASHIONABLE DINNER FOR SIXTEEN OR EIGHTEEN PERSONS.

FIRST COURSE.

White Soup,

removed by

Boiled Turbot,

or

Cod.

Patties.

Plateau.

Patties.

Turtle

or

Mock Turtle Soup,

or

Any Brown Soup,

removed by

Salmon

or

Fried Soles.

Note.—Hand round the patties to those who do not eat soup or fish. The sauces for the fish should be, lobster for the turbot, oyster for the cod, and shrimp sauce for the salmon or soles; also plain butter and anchovy sauce.

SECOND COURSE.

Stewed Beef,

or

Breast of Veal en Fricandeau,

or

Boiled Chickens & Tongue, dressed.

Dressed Cauliflower.

Plateau.

Dressed Peas.

Roasted Turkey,

or

Capons

with Truffles.

On the Sideboard,

Boiled Beef, and either Saddle of Mutton, or Haunch of Venison; also Chine to eat with turkey; also plain dressed Potatoes, and other Vegetables in season.

Dressed Eggs.

Rissoles of Veal
and Ham in Sauce.Small
Beef Patties.Stewed
Chicken.

Vol-au vent.

Sweetbreads
dressed.Lamb
Cutlets.

Olives.

THIRD COURSE.

Woodcocks,

or

Pigeons,

or

Partridges

removed by

Omelet

or

Sweet Pudding,

or

Soufflé.

Creams in glasses.

Plateau.

Creams in glasses,

Roasted Pheasants

or

Grouse,

or

Wild Ducks,

or

Leveret,

or

Larded Hare,

removed by

Fondu

or

Maccaroni with cheese.

Apples in
compote.Orange
Jelly.Dressed
Partridges
or
Pigeons.Cranberry
Tart.Jerusalem
Artichokes.Dressed
Sea Kale.Little
Puddings
in sauce.Stewed
Truffles
or Mushrooms.Italian
cream.Plover's
Eggs.*On the Sideboard,*

Gravies appropriate, to be handed round.

CHEESE COURSE.

Gruyere

or

any other cheese.

Anchovies

Savoury Toasts,

and

Devils.

Brawn.

Plateau.

Savoury Toasts,

and

Devils.

Bologna
Sausages.

Stilton

or

Parmesan.

Kipper
Salmon.*On the Sideboard,*

Butter, Salad, Radishes, and Cucumbers, to be handed
round.

DESSERT.

Preserves.	Cream Ice, <i>removed by</i>	Figs.
Dried Sweetmeats.	Preserved Pine Apple.	Cherries in Brandy.
	Cake.	
Chantilly Basket.	<i>Plateau.</i>	Pyramid of Sweetmeats.
	Various cakes.	
Cherries in Brandy.	Water Ice, <i>removed by</i>	Wafers.
	Grapes	
Almonds & Raisins.	<i>or</i> Peaches.	Preserves.

te.— In the season for ripe fruits they will take the place of many of the side dishes. At great tables the preserves are handed round during the
rt.

A PLAINER DINNER FOR SIXTEEN OR EIGHTEEN PERSONS.

FIRST COURSE,

Patties.	Turbot, or Cod, or Salmon, garnished with fried Smelts. <i>removed by</i> Boiled or Roast Turkey.	Dressed P ^{as} .
Mushrooms.	Fish Sauces <i>removed by</i> Gravy and Sauces for Turkey.	Cutlets.
Chickens, boiled.	<i>Branch with Candles.</i> Sauce for Venison.	Ham or Tongue.
Rice.	Soup à la Julienne, or Vermicelli Soup, <i>removed by</i> Edge bone of Beef, or Saddle of Mutton, or Haunch of Venison.	Rissoles.
Currie in		Patties.
Stewed Celery.		

On the Sideboard.

Plain dressed Vegetables, to be handed round; also Pickles

SECOND COURSE.

Pigeons.

Sauce Tureen.

Pudding in a mould.

Candles.

Tart.

Sauce Tureen.

Ducks.

Eggs on
Spinach.

Blancmange.

Pastry.

On the Sideboard,

Vegetables and Pickles, to be handed round.

Chesecakes.

Jelly.

Kale.

THIRD COURSE,

Butter.	Cheese.	Red Herring.
	Salad.	
Potted Game.	Cheese.	Celery.

DESSERT:

Curants.	Ice.	Preserves.
	Apricots.	
Biscuits.	Cakes.	Wafers.
	<i>Candles.</i>	
	Cakes.	
Preserves.	Peaches.	Strawberries.
	Ice.	

DINNER FOR TWELVE OR FOURTEEN.

FIRST COURSE.

Fish,

removed by

Loin of Mutton

rolled, with

Tomata Sauce

or

Bouilli.

Stewed Spinach.

*Candles.*Haricot of
Mutton.

Soup,

removed by

Alamode Beef,

or

Roast Neck of Veal

with rich sauce and

Mushrooms.

Patties of Veal
and Ham.

Maccaroni in paste.

Scotch Collops.

Potatoes dressed.

SECOND COURSE,

Dressed Lobster.

Capon,
larded.Artichokes in
White Sauce.Plumb
Pudding.*Candles.*

Open Tart

or

Apple Tart.

Stewed
French Beans.

Widgeon

or

Teal

or

Snipes.

Small
Ham.*On the Sideboard,*

Egg Sauce, and other Sauces to be handed round.

THIRD COURSE.

	Water	
	Cresses.	
Celery.	Butter.	Radishes.
	Cheese.	

DESSERT.

	Cake.	
Pears.	Preserves.	Biscuits.
	Filberts.	
	Preserves.	
Prunes.	Oranges.	Apples.

A FAMILY DINNER FOR SIXTEEN OR EIGHTEEN PERSONS.

FIRST COURSE.

	Soup	
	<i>removed by</i>	
	boiled	
	Fowls.	
	Ham	
	<i>or</i>	
	Tongue.	
	<i>Candles.</i>	
	Pigeon Pie.	
	Roast Mutton	
	<i>or</i>	
	Beef.	

Green
Vegetables plain.

Potatoes
browned.

Melted Butter.

Melted Butter.

Potatoes
plain boiled.

Green
Vegetables plain.

On the Sideboard,

Pickles should be handed round, also dressed Salad, and Horse-Radish scraped.

SECOND COURSE.

Sweetbreads

fricasseed.

Jelly.

Custards.

Marrow

Pudding.

Open
Tart.*Candles.*Small
Pastry.

Young

Peas *or* Beans,*or*

Stewed Cucumbers.

Creams.

Jelly.

Sauce.

Ducks

or

Game.

THIRD COURSE.

Butter.

Radishes.

Celery
or

Salad.

Water
cresses.

Cheese.

DESSERT

Strawberries.

Brandy
Cherries.

Sugar.

Fruit.

Sponge cakes.

Cream.

Fruit.

Little cakes.

Wafers.

Sugar.

Strawberries.

FOR FAMILY PARTIES, OF TEN OR 'TWELVE.

No 1.

FIRST COURSE.Vegetables
plain.Fish,
removed by
Chicken Pie.

Potatoes.

Pickles.

Tongue, on
mashed Turnip.

Pickles.

Candles.

Caper Sauce.

or

Carrier Sauce.

Potatoes.

Leg of Mutton
roast or boiled.Vegetables
plain.

SECOND COURSE.

Creams in glasses.

Pheasant,

or

Partridges.

Dressed
Vegetables.

Lobster.

Pastry.

Cabinet
Pudding.

Trifle.

Dressed Artichokes.

Pastry.

Jelly in
glasses.

Woodcocks.

FOR TEN OR TWELVE.—No. 2.

FIRST COURSE.

Potatoes.

Turbot

removed by

Turkey

and Sausages.

Brocoli.

Lobster Sauce.

Ox Palates.

Soup

either

white

or brown.

Chicken
and
Ham Patties.

Melted Butter.

Greens.

Plain boiled Beef.

or

Stewed Brisket

of Beef.

Turnips
and Carrots.

SECOND COURSE

Breast of Lamb

with Green Peas.

Ground Rice Pudding.

Green Goosebery Tart.

Sponge Cake in Custard

Asparagus with

butter.

Whip
Syllabubs.

Raspberry
Creams

A SUPPER.

White Soup,
removed by
a
Chantilly Basket
or ornamented cake.

Candles.

Cherries
in
Brandy.

Tongue ornamented.
Fowl cut up.
Pyramid of pastry.

Candles.

Collared Eel.
Game Pie.

Candles.

Trifle.

Candles.

Lobster Salad.
Raised Pie.

Candles.

Pyramid of Pastry.
Fowl cut up.
Ham or slices.

Candles.

White Soup
removed by
Ornamented confectionary.

Oranges.

Calves feet
Jelly.

Oyster
Patties.

Italian
cream

Potted Meat.

Apples.

Orange
jelly.
Veal
patties.

Blanc-
mange.

Preserves.

Butter.
Preserves.

Preserves.
Butter.

Preserves.

Cherries
in
Brandy.

Raspberry
cream.
Apples.
Ham
patties.
Italian
cream.
Potted
Game.
Noyeau
Jelly.
Raspberry
cream.
Shrimp
Patties.
Oranges.

THE SEASONS FOR MEAT, POULTRY, GAME, FISH, AND VEGETABLES.

It is always the best plan to deal with a respectable butcher, and if possible to keep to the same one. He will find his interest in providing his regular customers with good meat, and the *best* is always the *cheapest*, even though it may cost a little more money.

Beef is best and cheapest from Michaelmas to Midsummer.

Veal is best and cheapest from March to July.

Mutton is best from Christmas to Midsummer.

Grass Lamb is best from Easter to June.

Poultry is in the greatest perfection, when it is in the greatest plenty, which it is about September.

Chickens come in the beginning of April, but they may be had all the year round.

Fowls are dearest in April, May, and June, but they may be had all the year round, and are cheapest in September, October, and November.

Capons are finest at Christmas.

Poulards, with *eggs*, come in in March.

Green Geese come in in March, and continue till September.

Geese are in full season in September, and continue till February.

Turkey Poults come in in April, and continue till June.

Turkeys are in season from September till March, and are cheapest in October and November.

Ducks are in season from June till February.

Wild Ducks, *Widgeons*, *Teal*, and *Plovers*, are in season from September till March.

Tame *Pigeons* and *Wild Pigeons* are in season from March till November.

Tame *Rabbits* from March till September.

Wild *Rabbits* from June till February.

Leverets from March till September.

Hares and *Partridges* are in season from September to February, and are generally cheap till Christmas.

Pheasants in October, and are cheap in November.

Grouse and *Moor Game* are in season in the month of August, and during the winter.

Woodcocks and *Snipes* in November and through the winter.

The seasons of Fish frequently vary; therefore the surest way to have it good is to confide in the honesty of respectable fishmongers; unless, indeed, you are well acquainted with the several sorts, and have frequent practice in the choosing of fish. No fish when out of season can be wholesome food.

Turbot is in season from the beginning of March through the Summer. Fish of this kind do not all spawn at the same time; therefore, there are good as well as bad all the year round. The finest are brought from the Dutch coast. The belly of a *Turbot* should be cream coloured, and upon pressing your finger on this part, it should spring up. Monsieur UDE says, in his *Cookery Book*, that a *Turbot* eats the better for being kept two or three days. Where there is any apprehension of its not keeping, a little salt may be sprinkled on it, and the fish hung in a cool dry place.

Salmon.—This favourite fish is the most unwholesome of all. It ought never to be eaten unless perfectly fresh, and in season. *Salmon* is in season from Christmas till September. The Severn *Salmon*, indeed, is in season in November, but it is then obtained only in small quantities. This, and the Thames *Salmon*, are considered the best. That which comes from Scotland, packed in ice, is not so good. *Salmon Peel* are very well flavoured, but much less rich than large *Salmon*.

Cod is in perfection at Christmas; but it comes in, generally, in October; in the months of February and March it is poor, but in April and May it becomes finer. The Dogger Bank *Cod* are considered the best. Good *Cod* fish are known by the yellow spots on a pure white skin. In cold weather they will keep a day or two.

Skate, *Haddocks*, *Soles*, *Plaice*, and *Flounders* are in season in January, as well as *Turbot*, *Cod*, *Salmon*, *Smelts*, and *Prawns*. In February, *Lobsters* and *Herrings* become more plentiful; and *Cod* and *Haddocks* not in such good flavour as they were. In March

Salmon becomes plentiful, but is still dear. And in this month the *John Dory* comes in.

In April *Smelts* and *Whiting* are plentiful; and *Mackerel* and *Mullet* come in; also river *Trout*.

In May *Oysters* go out of season, and *Cod* becomes not so good; excepting these, all the fish that was in season at Christmas, is in perfection in this month.

In June *Salmon*, *Turbot*, *Skate*, *Holibut*, *Lobsters*, *Crabs*, *Prawns*, *Soles*, *Eels*, and *Whiting* are plentiful and cheap. Middling sized Lobsters are best, and must weigh heavy to be good. The best Crabs measure about eight inches across the shoulders. The silver eel is the best, and, next to that, the copper-brown backed eel. A very humane method of putting this fish to death is recommended by Dr. KITCHENER, who says that you should run a sharp pointed skewer or fine kitting needle into the spinal marrow, through the back part of the skin, and life will instantly cease.

In July, fish of all sorts is plentiful, except *Oysters*, and about at the cheapest. *Cod* not in much estimation.

In the months of August and September, particularly the former, fish is considered more decidedly unwholesome than at any other time of the year, and more especially in London. *Oysters* come in, and *Turbot* and *Salmon* go out of season. In choosing *Oysters*, natives are always found best; if they *can* be opened close behind the eater's chair, all the better; at all events, they should be eaten as soon after they are opened, as possible. There are various ways of *keeping* and *feeding* oysters, for which see Index.

In October *Cod* comes in good season, also *Haddocks*, *Brill*, *Tench*, and every sort of shell fish.

In November most sorts of fish are to be got, but all are dear. *Oysters* are excellent in this month.

Vegetables.

Artichokes are in season from July to October.

Jerusalem Artichokes from September till June.

Asparagus, forced, may be obtained in January; of the natural growth, it comes in about the middle of April, and continues through May, June, and July.

French Beans, forced, may be obtained in February; of the natural growth, the beginning of July; and they continue in succession through August.

Red Beet is in season all the year.

Scotch Kale, in November.

Brocoli, in October.

Cabbage of most sorts in May, June, July, and August.

Cardoons from November till March.

Carrots come in in May.

Cauliflowers, the beginning of June.

Celery, the beginning of September.

Corn Salad, in May.

Cucumbers may be forced as early as March; of their natural growth they come in July, and are plentiful in August and September.

Endive comes in in June, and continues through the winter.

Leekes come in in September, and continue till the Spring.

Lettuce, both the Coss and the Cabbage, come in about April, and continue to the end of August.

Onions for keeping, in August.

Parsley, all the year.

Parsnips come in in October; but they are not good until the frost has touched them.

Peas, the earliest forced, come in about the beginning of May; of their natural growth, about the beginning of June, and continue till the end of August.

Potatoes, forced, in the beginning of March; and the earliest of natural growth in May.

Radishes, about the beginning of March.

Small Salad, in May and June; but may be had all the year.

Salsify and *Scorzonera*, in July and August.

Sea Kale may be found as early as December or January, but of the natural growth it comes in in April and May.

Eschalots for keeping, in August and three following months.

Spring Spinach, in March, April, and three following months.

Winter Spinach, October, November, and through the winter.

Turnips, May, June, and through the summer. The *Tops* are best in March, April, and May.

The above dates, as regards vegetables, apply to the neighbourhood of London, where the seasons are earlier than they are in most parts of the country.

CHAPTER VII.

THE KITCHEN.

THE benefit of a good kitchen is known to every house-keeper, but it is not every mistress that is aware of the importance of a good cook. Kitchens may be fitted up with every convenience, and at considerable expence, yet fail to send forth good dinners, if the lady of the house have failed in her choice of a cook. Without feeling the least inclination to indulge the fancies of gourmands, I should think it necessary to be more particular in selecting the servant who was to provide the food of the family, than I should deem it necessary to be in the choice of any other one. In large establishments there is more cooking, and consequently greater waste likely to be caused by unskilful cooks, than there can be in small families; but even in the latter, the waste occasioned by saving a few pounds a year in the wages of a cook, is frequently considerable. An experienced cook knows the value of the things entrusted to her care; and she knows how to turn many things to account, which a less skilful person would throw away. A good cook knows how to convert the remains of one dinner into various dishes to form the greater part of another dinner; and she will, also, be more capable than the other of forwarding her mistress's charitable intentions; for her skill in cooking will enable her to take advantage of every thing which can be spared from the consumption of the family, to be converted into nourishing food for the poor; for those of her own class, who have not the same comforts as she herself enjoys. The cook who knows how to preserve the pot-liquor of fresh meat to make soup, will, whenever she boils mutton, fowls, or rabbits, carefully take off the scum as it rises; and by adding peas, vegetables to flavour, seasonings and crusts of bread, will make tolerable soup for poor people,

out of materials which an inexperienced cook would be very likely to throw away. (*See in the Index for further instructions for cookery for the poor.*)

A good cook must take pleasure in her occupation, or she will not excel in it; for minute care and constant watchfulness cannot be expected from a person who dislikes the fire, or who entertains a disgust for the various processes necessary to the converting of raw meat into savoury dishes. But a cook who takes pride in sending a dinner well dressed to table, may be *depended upon*, and that is of great importance to the mistress of a house: for though Englishmen may not be such connoisseurs in eating as Frenchmen, I question whether French husbands are more dissatisfied with a badly cooked dinner than English husbands are. Dr. KITCHENER observes, “God sends us victuals, but *who* sends us cooks?” And the observation is not confined to the Doctor, for the walls of many a dining room have echoed it, to the great discomfiture of the lady presiding at the head of the table. If married ladies would reflect a little upon the subject, they would be obliged to confess that many ill humours had been occasioned by either under or over roasted meat, cold plates, or blunt knives; and to say the truth, these are grounds for very reasonable complaint.—Of the same importance as the cooking, is neatness in serving the dinner, for there is a vast difference in its appearance, if neatly and properly arranged, in hot dishes, the vegetables and sauces suitable to the meat, and they apparently just taken from the fire; there is a vast difference between a dinner so served, and one a part of which is either too much or too little cooked, the meat parting from the bone in one case, or looking as if barely warmed through in the other case; the gravy chilled and turning to grease, some of the vegetables watery, and others crisp, while the edges of the dishes are slopped, and the block tin covers look dull, if not smeary. A leg of mutton or piece of beef either boiled or roasted, so commonly the dinner of a plain-living family, requires as much skill and nicety, as the most complicated made dishes; and a plain dinner well cooked and served, is as tempting to the appetite, as it is creditable to the mistress of the house, who invariably, and justly, suffers in the estimation of her guests, for the

want of ability in her servants. The elegance of the drawing room they have just left, is forgotten by those who are suffocating from the over-peppered soup ; and the coldness of the plate, on which is handed a piece of turbot bearing a reddish huc, will hold a place in the memory of a visitor to the total obliteration of the winning graces, and agreeable conversation, of the lady at the head of the table.

It is impossible to give particular directions for fitting up a kitchen, because so much must depend upon the number of servants employed in it, and upon what is required in the way of cookery. It was the fashion formerly to adorn the kitchen with a quantity of copper sauce-pans, stew-pans, &c. &c. very expensive, and exceedingly troublesome to keep clean. Many of these articles which were regularly scoured once a week, were not, perhaps, used once in the year. Servants like to see their kitchens thus ornamented ; but there is great waste of labour in keeping coppers and tins looking bright merely for show. A young lady ought, if she has a good cook, to be guided by that servant, in some measure, in the purchase of kitchen utensils ; for the accommodation of the cook, if she be a reasonable person, ought to be consulted. But, where there is no kitchen maid to clean them, the fewer coppers and tins there are, the better. It is by far the best plan, to buy, at first, only just enough for use, and to replace these with new ones as they wear out ; but all stew-pans, sauce-pans, frying-pans, &c. &c. should be kept in good order, that is to say, in good repair, as well as clean.

Many of the best cooks say that iron, and block tin, answer every purpose quite as well as copper. There is a very useful but somewhat expensive article called the *Bain-marie*, for heating made dishes, and soups, and for keeping such things hot, for any length of time, without over-cooking them. A *Bain-marie* will be found to be very useful by those who are in the habit of having made dishes at their table. A *Braising* kettle and a *Stock-pot*, are also desirable. And two or three cast-iron *Digesters*, of from 1 to 2 gallons, for soups and gravies. — Sauce-pans should be washed and scoured as soon as possible after they have been used ; wood ashes, or very

fine sand may be used for scouring ; but the scouring should not be done with a heavy hand. They should be rinsed in clean water, and wiped dry, or they will rust, and then be turned down, on a clean shelf. The upper rim may be kept bright, but it seems labour lost to scour that part where the fire reaches ; besides which, the more they are seoured, the more quickly they wear out. Copper utensils must be well tinned, or they become poisonous. Never allow any thing to be put by in a copper vessel ; but the fatal consequences of neglect in this particular have been too frequent, and are too well known, for it to be necessary here to say much in the way of caution.

The fire place of a kitchen is a matter of great importance. I have not had opportunities of witnessing the operations of *many* of the newly invented steam kitchens and cooking apparatuses, which the last twenty years have produced ; but those I have seen, have failed to give me satisfaction. To say the truth, the inventors of cast-iron kitchens seem to have had every object in view, but that of promoting good cooking. It is certainly desirable and proper that every *possible* saving should be made in the consumption of coals ; but it is *not possible* to have cooking in perfection, without a proper degree of heat ; and, as far as my observation has gone, meat cannot be well roasted unless it be before a good fire. I should save in many things rather than in coals ; and am often puzzled to account for the false economy which leads some persons to be sparing of their fuel, whilst they are lavish in other things infinitely less wanted. A cook has many trials of her temper, but none so difficult to bear as the annoyance of a bad fire ; for with a bad fire she cannot cook her dinner well, however much she may fret herself in the endeavour ; and the waste caused by spoiling meat, fish, poultry, game, &c. is scarcely made up for by saving a few shillings in coals. "Economy in fuel" is so popular, that every species of invention is resorted to, in order to go without fire ; and the price of coals is talked of in a fine drawing room, where the shivering guest turns, but turns in vain, to seek comfort from the fire, which, alas ! the brightly polished grate does not contain. The beauty of the cold marble structure which

risers above it, and is reflected in the opposite mirror, is a poor compensation for the want of warmth. All young housekeepers ought to bear in mind, that of the many things which may be saved in a house, without lessening its comforts, firing is *not* one.

It is best to lay in a sufficient stock of coals in the month of August or September, to last until the spring. They should be of the best kind; and paid for in ready money, to prevent an additional charge for credit. The first year of housekeeping will give the mistress a pretty correct average to go by; and then she should watch the consumption, but not too rigidly, as nothing gives so much the appearance of stinginess, as over carefulness of fuel.

To return to the fire place,—I know of no apparatus so desirable as the common kitchen range, that which has a boiler for hot water, on one side, and an oven on the other side. It is a great convenience to have a constant supply of hot water, and it is an advantage to possess the means of baking a pie, pudding, or cake at home; and this may always be done, when there is a large fire in the grate for boiling or roasting. There is a great difference in the construction of these little ovens. We have had several, and only three which answered; but these did answer, though they were all, I believe, by different makers. The cook having made herself acquainted with the management of the oven, will find it one of the most useful articles of the kitchen furniture.—A *Hot plate* is also an excellent thing, as it requires but little fire to keep it sufficiently hot for any thing which requires gradual cooking; and is convenient for the making of preserves, which should never be exposed to the fierceness of a fire. The charcoal stoves are also useful, and are so easily constructed that a kitchen should never be without one. There is a very nice thing, called a *Dutch Stove*, but I do not know whether it is much in use in England. On a rather solid frame work, with four legs, about a foot from the ground, is raised a round brick work, open at the top sufficiently deep to receive charcoal, and in the front, a little place to take out the ashes; on the top is a trivet, upon which the stew-pan, or preserving-pan, or whatever it may be, is placed. This is easily moved about, and in the summer could be placed any where in the cool, and would, therefore,

be very convenient for making preserves.—Where there is much cooking, a *Steamer* is convenient; it may be attached to the boiler of the range. I have seen lamb and mutton brought to table which had been steamed, and which in appearance was more delicate than when boiled, and equally well flavoured. But there is an *uncertainty* in cooking meat by steam, and, besides, there is no liquor for soup. Puddings cook very well by steam.—The *Jack* is an article of great consequence, and also a troublesome one, being frequently out of repair. A *Bottle-jack* answers very well for a small family; and where there is a good *meat screen* (which is indispensable when meat is to be nicely roasted), a stout nail and a skein of worsted will, provided the cook be not called away from the kitchen, be found to answer the purpose of a spit.

There are now so many excellent weighing machines, of simple construction, that there ought to be one in every kitchen, for the purpose of weighing joints of meat as they come from the butcher; and this will enable the cook to weigh flour, butter, sugar, spices, &c. &c. as she uses them, and leave her no excuse for mistakes in her compositions.

The cook should be allowed a sufficiency of kitchen cloths, and brushes, suitable to her work. Plates and dishes will not look clear and bright, unless rinsed in clean water, after they are washed, then drained, and wiped dry with a cloth which is not greasy. A handful of bran in the water will produce a fine polish on crockery ware.

They do not cost much, therefore there need be no hesitation to allow plenty of jelly bags, straining cloths, tapes, &c. &c. But these things should be kept very clean, and always scalded in hot water, before they are used.

There should be a table in the middle of the kitchen, or so situated as not to be exposed to a current of air, of sufficient dimensions for the cook to arrange the dishes upon it, that the servants may not commit blunders in placing them upon the dining table. Much of the pleasure which the lady at the head of her table may feel, at seeing her guests around her, is destroyed by the awkward mistakes of the servants in waiting; who, when they discover that they have done wrong, frequently become

too frightened and confused to repair the error they have committed.

The cook in a small family should have the charge of the beer; and where there are no men servants, it should be rather good than weak, for the better it is in quality, the more care will be taken of it. When more has been drawn than is wanted, a burnt crust will keep it fresh from one meal to another, but for a longer space of time the beer should be put into a bottle, and that corked close; it would be well for the cook to keep a few different sized bottles at hand, so that the beer may not stand to become flat before she bottle it.

A clock, in or near the kitchen, will tend to promote punctuality among all the servants. But the lady herself should see to its being properly regulated, or this piece of furniture may do more harm than good. There is nothing fitter to be kept under lock and key than the clock; for however true to time, when not interfered with, it is often made to bear false testimony. That good understanding which sometimes subsists between the clock and the cook, and which is brought about by the instrumentality of a broom-handle, or some such magic, should be noted by every prudent housekeeper as one of the things to be guarded against.

The kitchen chimney should be frequently swept; besides which, the cook should, once or twice a week, sweep it as far as she can reach; for where there are large fires in old houses, accidents sometimes occur; and the falling of ever so little soot will sometimes spoil a dinner.

Every lady ought to make a receipt book for herself. Neither my receipts nor those of any cookery book can be supposed to give equal satisfaction to every palate. After performing any piece of cookery according to the directions given in a book, a person of common intelligence would be able to discover whatever was displeasing to the taste, and might easily alter the receipt, and so enter it in her own book that the cook could not err in following it. This plan will, if adopted, be found to save much trouble. The receipts should be made out with great exactness, so as to prevent the possibility of mistakes.

As soon after breakfast as she conveniently can, the mistress of a house should repair to the kitchen; which

ought to be swept, the fire place cleaned, tea-kettles, coffee-pots, and any thing else which has been used in preparing the breakfast, put in their appropriate places, and the cook ready to receive her orders for the day. Without being parsimonious, the mistress should see, with her own eyes, every morning, whatever cold meat, remains of pastry, bread, butter, &c. &c. there may be in the larder, in order that she may be able to judge of the additional provision which it may be necessary to make. Having done that, she should proceed to the store-room, to give to the cook, the housemaid, and any other servants, such stores as they may require for the day. This will take up very little time, if it be done regularly every morning; and having done this, she should proceed to make her purchases, at once, lest visitors, or any accidental circumstance, should cause her to be late in her marketing, and so to derange the regularity of the dinner hour, the servants work, &c. &c. Many ladies in consequence of their own ill health, or that of their children, are compelled to employ their servants to make their purchases for them; but when they can avoid doing so it is much better. I do not say this from a suspicion that either trades-people or servants are always likely to take advantage of an opportunity to impose upon their customers or their employers, but because this important part of household management ought to be conducted by some one of the family, who must necessarily be more interested in disposing of money properly than any servant can be. Besides, more judgment is required in marketing than all servants possess. A servant, for instance, is sent to a fishmonger's for a certain quantity of fish; and she obeys the order given her, and brings home the fish, but at a higher price, perhaps, than her mistress expected. Now if the lady had gone to market herself, and found that the weather, or any other circumstance, had raised the price of fish for that day, she would probably have made a less expensive one suit her purpose, or turned to the Butcher to supply her table. And this observation will also apply to the Poulterer. Then it is a hindrance to a servant, if she be sent here and there, during the early part of the day; not to mention the benefit which the lady of the house would derive by being compelled to be

out of doors, and in exercise, for even a short time, almost every day.

I like French cookery better than all English people do; but am not sufficiently acquainted with the interior of French kitchens, to know whether we should improve in the fitting up of ours, by imitating our neighbours in this particular. When I was abroad, and had opportunities of informing myself upon this subject, I had not the present work in contemplation. And though it is the object of travellers in general to enquire into almost every thing while passing through a foreign country, it happened once to me to meet with so much discouragement, when prying into the culinary department of a large Hotel in the south of France, that I resolved never to enter a foreign kitchen again. I was then on the way to Italy; and from what was afterwards told me respecting the kitchens of the latter country, I have reason to think that my resolution was not unwise, since, had it been overcome by fresh curiosity, I might have been induced to starve from too intimate knowledge of the mode in which the dishes of our table were prepared. We had, at the hotel I am speaking of, fared sumptuously for three days. There were, among other things, the finest poultry and the most delicate pastry that I had ever seen. But some chicken broth was wanted, for an invalid of our party; and the landlord suggested that if Mademoiselle would herself give directions to the cook, the broth might, perhaps, be the better made; and he went, accordingly, to announce my intended visit to the important person who commanded in the kitchen. Upon receiving intimation that all was ready, I descended, and was introduced to the said cook, who met me at the door of a large, lofty, vaulted apartment, the walls of which were black, not from any effect of antiquity, but from those of modern smoke, and decorated with a variety of copper utensils, all nearly as black, on their outsides, as the walls on which they hung. Of what hue their insides might be, I have not to this day ascertained, and, at the moment, my attention was suddenly diverted by the cook, who, begging me to be seated, placed a chair for my accommodation by the side of a large, wild-looking, fireplace. I had not expected to see a tall, thin and bony, or

a short and fat old woman, like the cook of an English kitchen; I imagined a man, somewhat advanced in age, and retaining some traces of the *ancien regime*, with large features and a small body, with grizzly and half-powdered hair, and, perhaps, a pigtail; at all events, with slippers down at heel, hands unclean, and a large snuff box. It was, therefore, not without surprise that I found the very contrary of this in the personage who, dressed in a white apron, white sleeves, and white night cap of unexceptionable cleanness, and bowing with a grace that would have done credit to the most accomplished *petit maître* of the last century, proceeded to relate how he had been instructed in the art of making chicken broth by an English *Miledi*, who in passing into Italy for the benefit of her health, had staid some weeks at the Hotel de l'Europe. His detail of the process of broth-making was minute, and no doubt scientific, but unhappily for the narrator, it was interrupted by his producing a delicate white fowl, which he without ceremony laid on the kitchen table, which stood in the middle of the room, and rivalled the very walls themselves in blackness. I was assured, by the first glance at this table, by reason of the fragments of fish, fowl, and pastry, strewn over it, that the same piece of furniture served every purpose of *chopping-block* and *paste-board*. When, therefore, under these circumstances, I saw the preparation for the broth just going to commence, the exclamation of "Dirty pigs!" was making its way to my lips, and I, in order to avoid outraging the ears of French politeness, in the spot of all France most famous for the romantic, made the best of my way out of the kitchen, and endeavoured, when the next dinner-time arrived, to forget that I had ever seen it. Whenever afterwards the figure of this black table appeared to my fancy, like a spectre rising to warn me against tasteful and delicate looking *entremets*, I strove to forget the reality: but I never recovered the feeling of perfect security in what I was about to eat, until the sea again rolled between me and the kitchen of the Hotel de l'Europe, and I again actually saw the clear bright fire, the whitened hearth, the yellow-ochred walls, the polished tins, the clean scrubbed tables and chairs, and the white dresser cloths, of the kitchen which I had left, when I went from home.

CHAPTER VIII.

BOILING.

THERE is no branch of cookery which requires more nicety than plain boiling, though, from its simplicity, many cooks think it requires less attention than some others. They think that to put a piece of meat into water, and to make that boil for a given length of time, is all that is needful; but it is not so. To boil a leg of mutton, or a fowl, properly, requires as much care as to compound a madc-dish. Meat which is poor and tough cannot be made tender and fine flavoured by boiling; but that which was, to all appearance, very fine meat before it was put into the pot, has often been taken out really good for nothing. And many a Butcher and Poulterer have been blamed, when the fault was wholly the cook's.

Meat should be put into cold water, enough to keep it *well* covered, but no more. The longer in reason it is coming to a boil, the better; as a gradual heating produces tenderness, and causes a separation from the meat of the grosser particles, which rise in the shape of scum to the surface, and which should be carefully taken off. The finest leg of mutton that was ever placed on a table, must be disgusting, if garnished with flakes of black scum. Care should be taken to watch the first moment of the scum's appearing in order to remove it, and then, by throwing in a little salt, the remainder will be caused to rise; and if the fast boiling of the water render the scumming difficult, pour in a very little cold water. The practice of boiling meat, such as poultry, veal, and lamb, in flowered cloths, to keep it white, must have been the invention of lazy cooks as well as of tasteless and extravagant house-wives; for the meat is rendered less juicy

by this process, and the liquor in which it has been boiled, so good for broth or gravy, must be lost.

When the pot has been well scummed, and no more scum is to be seen, set it in such a situation on, or by, the fire, that it may continue to boil *gently* and *regularly*, for the time that the meat may require; and see that it do not stop boiling altogether at one time, and then be hurried to a wallop at another time, for this dries up the juices, hardens the meat, and tears it. A kettle of boiling water should be always at hand, in order to replenish the pot, as the quantity diminishes, taking heed not to exceed the original quantity, namely, enough to *cover* the meat, for the less water the better will prove the broth.

Salted meat, if very salt, and all smoked meat, should be washed, and, in some cases, *soaked*, before it is boiled. If there be an apprehension of its being too little salted, it must not be either washed or scraped, and may be put on to boil in water a little heated, because a slow process would help to freshen it.

No positive rule can be given for the time required to cook meat by boiling, any more than by roasting, for much depends on its freshness, and a piece of *solid* meat requires a longer time to boil than a joint of equal weight but of less thickness. Salted and smoked meat require longer boiling than fresh meat, veal longer than beef, mutton or lamb; and pork, though ever so little salted, still longer than veal. A leg of mutton which has hung long, will boil in less time than one which is quite or nearly fresh; but then the former ought not to be boiled at all, but roasted, for the fire takes away mustiness, and all the impurities with which the boiling water would only tend still more to impregnate the meat. A quarter of an hour, and a quart of water, to every pound of meat, is the old fashioned rule for boiling meat, but practice must teach this, as well as many other of the most important parts of culinary science. By a little care and attention, a cook will soon gain sufficient experience, to preserve her from the risk of sending a joint to table either underdone, or in the shape of a bundle of rags.

When meat is sufficiently boiled, take it up directly; and if it have to wait, stand it over the pot it has been

cooked in, to keep hot; remaining in the water will sodden it.

The next thing for consideration, after that of cooking the meat properly, is the turning to account the liquor in which it has been boiled. This, be the meat what it may, is good as a foundation for Soups and Gravies, unless it be the liquor of ham or bacon, and that can only be used in small quantities, to flavour other liquor; in which way it is of value. Nothing is so good as the liquor of pork, to make pease soup. When the liquor of boiled meat is not wanted for the use of the family, it may always, at a trifling expence, be converted into wholesome and nourishing food for the poor. (*See cookery for the poor.*)

Round of Beef.

This is too large a joint to dress whole, for a small family, or for any family, where cold meat is not liked. It may be cut into 2 or even 3 pieces, taking care to give to each piece a due portion of fat. If sufficiently salted, wash it in one or more waters, in order that the liquor in which it is boiled may be fit for after use; skewer the meat up tightly, and of a good shape, then bind it with strong coarse tape, or strips of linen. The vessel should be roomy, the beef placed on a fish drainer (as should all large joints), and care taken to keep it covered with water. Allow about three hours to a piece of 12lbs. About three hours and a half to 16 lbs., and so on in proportion. Put in the carrots and turnips about two hours after the meat. See that there be no scum left on before you send it to table. Garnish with sliced carrots, and serve mashed turnips or greens in a separate dish.

Edge bone of Beef.

Allow plenty of water. One of 20lbs. weight will require to boil three hours and a half. One of 10lbs. weight will be done in two hours. The soft fat is best hot, the hard fat cold.

Leg of Mutton.

This joint should be kept from two days to a week before it is dressed. Cut out the pipe, and carefully wipe the meat to clear it from all mustiness. Chop but a very small piece off the shank. Boil carrots and turnips with it if you *like*, but the former will not improve the colour; and do not put them in until after the pot has been carefully scummed. About two hours of slow boiling is sufficient. Garnish with slices of carrot, or a rim of mashed turnip. Pour a proper sauce over the meat, or serve it in a boat. If chickens or a fowl be wanted for the same dinner, they may boil in the same vessel with the mutton, but not in company with vegetables. The *broth* will be the better for this addition of meat.—If broth be wanted the day the leg is cooked, it may be procured as follows: put into the water, as soon as it has been scummed, whatever quantity of barley or rice you like, and after it has boiled one hour and a half, lift out the mutton and place it by the fire, covered up to keep warm; take the lid off the pot, and let it boil quickly till the liquor be reduced to the quantity you desire; then put in turnips and carrots, in small pieces, a head of celery, and a little parsley; return the mutton, and let it boil slowly half an hour.—A leg of mutton, if too large to cook at once, may be divided in two; roast the fillet, and boil the shank. *Or*: you may take cutlets off the large end, two days running, and then dress the shank.

Neck of Mutton

Should be very much trimmed of its fat, and, if from 3 to 5lbs. weight, boil slowly two hours; it will likewise make very good broth, as directed for the leg. Garnish and serve in the same way.—Some do not cut off any of the fat, until after it is cooked, then pare it off, and put it by: this shred finely makes light pudding crust.

Leg of Lamb.

A very delicate dish, nicely boiled, served with parsley

and butter, and garnished with sprigs of cauliflower, brocoli or spinach. A dish of the latter should be served with it. If the lamb be small, the loin may be cut into steaks, these fried, and placed round the leg, lightly garnished with crisped parsley; or they may be placed round mashed potatoes, in another dish.

Calf's head.

Half the head (without the skin), will require from one hour and a quarter to two hours boiling; with the skin on about an hour longer. It should stew very gently. Boil 8 or 10 sage leaves, and the same quantity in bulk of parsley, for about half an hour, then drain, chop very fine, and spread them on a plate.—Having washed the brains well in two waters, let them soak an hour in cold water with a little salt, then pour off the cold, and cover them with hot water, peel the skin off, and then put the brains into a sauce-pan with plenty of cold water: when it boils, carefully scum it, and let it boil gently about fifteen minutes; chop the brains, but not very fine, and put them into a small sauce-pan with the parsley and sage, also 2 table-spoonfuls of thin melted butter, a little salt, and, if you like, a little cayenne and lemon juice. Take the tongue out of the head, trim off the roots, skin and place it in the middle of a dish with the brains round it. Garnish with slices of lemon. The head should have parsley and butter poured over it, and broiled rashers of bacon round the dish, serve ham, bacon, or pork, with calf's head, also greens of some sort or other. Save a quart of the liquor to make sauce for the hash, for boiled calf's head is not good cold.

Veal

Is seldom boiled except for broth, but the neck of good veal is not bad when boiled; it must, however, be very delicately cooked.—Serve parsley and butter.

Pork

Requires to be well done. If a leg, wash and scrape it quite clean, and put it on to boil in cold water; do not let

it boil fast, because the knuckle will be broken to pieces, before the thick part of the meat is nearly done. Be careful to take off all the scum, and let a leg of 7 lbs. weight, simmer very slowly three hours. If to be in great part eaten cold, do not cut it in the middle, because that will allow too much gravy to be lost, but cut from the knuckle, and by retaining the gravy, it will eat more tender. Peas pudding should accompany leg of pork, also parsnips, carrots, turnips, or greens, as well as mashed potatoes.

Petit-Toes.

Put a thin slice of bacon at the bottom of a stew-pan, with a little broth or very thin melted butter, a blade of mace, a few peppercorns, and a sprig of thyme; in this boil the feet, the heart, liver and lights, till tender; the three latter will be done first; take them out and mince them fine: put this mince and the feet into another sauce-pan with some good gravy thickened with butter rolled in flour, season with pepper, salt, and a small quantity of walnut and mushroom catsup; let it simmer five minutes. While this is cooking prepare some sippets of toasted bread, lay them round a dish, pour the mince and sauce into the middle, and having split the feet, lay them lightly on the top.—A little cream may be added.

Poultry.

Be careful not to break the skin, in picking. Fowls and turkeys should be washed thoroughly, inside, by passing warm water several times through them. Chickens and fowls should be kept one or two days before they are dressed. A fowl should simmer, by the side of a fire, from twenty five minutes to an hour, according to its age and size. Some cooks boil a little fresh suet sliced, and also slices of peeled lemon, along with the fowl.

Boiled Fowls may be accompanied to table by white mushrooms, oyster, or celery sauce, or parsley and butter. *Chickens* have parsley and butter poured over them; in the season, small heads of brocoli look well, set round them. A pretty dish for a remove of fish or soup, is made by placing a small tongue in the centre, a boiled chicken

on each side, and brocoli, asparagus, and light heads of french beans, to fill up the spaces.

Turkey.

Let it hang four days before you boil it, and take care not to blacken it in singeing. It is usual to fill the crop of a turkey with forcemeat, (*see forcemeats*), or with a stuffing of bread crumbs, suet shred fine, a little parsley, thyme, and lemon peel, chopped fine, nutmeg, pepper, and salt, the whole mixed together by an egg. In America it is the practice to stuff turkeys with oysters chopped and mixed with bread crumbs. About 4 would give sufficient flavour for an English palate. A large turkey, with the crop filled, will require two hours boiling; not filled, half an hour less; and a small hen turkey rather less than an hour. Serve with oyster or eelery sauce, and either chine or bacon. The forcemeat may be enriched by the addition of a little grated tongue or ham, an anchovy and a little bit of eschalot.

Rabbits.

A full sized one will boil in thirty-five minutes; an old one will take above an hour. Milk and water will boil them to look white. Serve with onion sauce poured over; or a sauce made of melted butter, and the livers, previously boiled, and minced small, with a little parsley. Lay slices of lemon round the dish.

Bacon

Should be soaked; at all events, washed and seraped. After coming slowly to a boil, let a piece of 4lb. simmer by the side of the fire two hours. Take off the rind, and set it before the fire, or in an oven, to dry up the oozing fat. Strew bread raspings over.

Ham.

The main thing to be attended to in dressing a ham is the previous soaking, and the requisite time must be left

to the discretion of the cook, for, whereas one night would be sufficient for a small and tender ham, if very old and dry, less than four days and four nights will scarcely be enough to make it mellow. The water should be changed every day, and the night before it is boiled, scrape well, pour warm water over it, and trim off all the rusty, ill-looking bits, then lay it in the water again. Scum the pot, and let the ham *simmer from three to five* hours, according to its weight. When done, take the skin off gently, and after covering the ham with bread-raspings, set it before the fire, to crisp it. Twist writing paper round the shank, and garnish with greens, or little heaps of bread-raspings. The liquor, if well scummed at first, may be strained or put by, and if you boil fowls or veal on the following day, you may put the two liquors together, boil them rapidly down; add pepper, mace, eschalot and a faggot of herbs, and you will have a highly relishing gravy. Some persons contend that the practice of boiling a ham until half cooked, and then finishing by *baking* it, improves the flavour.—
(*See to bake meat.*)

Tongue.

If you buy it salted, endeavour to learn how long it has been in pickle, for according to that will it require to soak before you cook it. If old and hard, twenty four hours will not be too much. Let there be plenty of water, and let it be a full hour in coming to a boil; then have three hours gentle simmering, and more, if a large one. The root is an excellent ingredient for making peas soup.

CHAPTER IX.

ROASTING.

For roasting, meat ought to be kept longer than for boiling, or it will not, though ever so good in itself, do credit to the cook. The proper length of time depends upon the state of the weather, and the age of the animal when killed. Two days of hot weather will do as much towards rendering meat fit for the spit, as a week of cold weather.

Next after the state of the meat, the thing of most consequence is preparing the fire, which ought to be made up (of the size required by the length and breadth of the joint), half an hour before the meat is put down. But meat should not at first be exposed to a fierce fire. Let there be a backing of wetted cinders, or small coals, for this tends to throw the heat in front; lay large coals on the top, and smaller ones between the bars, give the fire time to draw, and it will become clear. Before you put down the meat, stir the fire, clear it at the bottom, and see that it be free from smoke in front.

Some cooks make a practice of washing meat, with salt and water, and wiping it dry, before it is roasted. Where there is any mustiness, or slimy appearance, it should be wiped off with a wet cloth, otherwise much washing is neither necessary nor beneficial. See that it be properly jointed; if there be too much fat, cut it off (for it is better for puddings, in the shape of suet, than dripping); cover the meat with kitchen paper, *tied* on with twine, and not fastened by *pins*; see also that the spit be bright and clean, and take care to run it through the meat, in the right place, at once, for the more the meat is perforated, the greater chance there will be given for the escape of the gravy. Great nicety is required in spitting, that the joint may be accurately balanced. In the absence of spits and smoke-

jacks, a bottle jack, or a good stout nail with a strong string or a skein of worsted, will dangle a joint, and if the fire be made proportionably high to the length of the joint, there is no better mode of roasting. A strong skewer must be run in, at each end of the joint, in order that it may be turned.

The larger the joint the greater distance it should, at first, be placed from the fire, that the outside may not be shrivelled up before the middle is warmed. A quarter of an hour to a pound of meat, is the rule for roasting, and it admits of the same exceptions as in the case of boiling, with this addition, that fat meat takes longer to roast than lean meat, as do pork and veal, longer than any other kind of meat. Fillets and legs, on account of their solidness, longer than loins and breasts. Much depends upon the situation of the fire place, and whether the joint be exposed to draughts of cold air, or whether it be preserved from them, and the fire assisted, by a meat screen. Where there is none, a contrivance must be resorted to, by way of substitute, such as small wooden horses, or chairs, with cloths hung over them; these will keep off the cold, but a meat screen, lined with tin, keeps in the heat, and also acts as a reflector.

Twice, or if the roast be a large one, oftener, remove the dripping-pan, pour off the dripping (it ought to be strained), draw the spit to a distance, and stir the fire, bring forward the hot coals, and put fresh fuel at the back. Be careful that cinders do not reach the dripping-pan, for the smoke which they cause to rise from the fat, gives a disagreeable flavour to the meat, besides the injury to the dripping, which is an article of great use in a family. (*See Dripping*).

When the meat is nearly done, the steams will draw towards the fire; take the paper off, and move the joint nearer to the fire, particularly the ends, if they want more cooking; sprinkle salt lightly over the roast, and baste it well; then pour off all the remaining dripping, dredge flour *very lightly* over the joint, and baste with a very little fresh butter, which will not injure the gravy in the pan, but will give a delicate froth to the meat. To the gravy which is now flowing from the meat, the best addition is a tea-cupful of boiling water. (*See Gravies*).

With a clear strong fire (and meat cannot be well roasted without a strong fire), time allowed for gradual cooking, and by careful basting, a cook may insure for her roasts that fine pale brown colour, to produce which is esteemed one of the greatest proofs of a cook's skill.

Sirloin of Beef.

After reading the foregoing observations, the cook must gain by observation and by practice, that experience which will enable her to send this very best of joints to table, done enough, and yet not overdone. A piece of 15 lbs. weight ought not to be exposed to the fire more than three hours. Begin to baste with clean dripping as soon as you put it down. The old fashion of Yorkshire pudding with roast beef is too good a one to be abandoned, though its substitute of potatoe pudding is not to be rejected. Garnish with finely scraped horse-radish.—Where cold roast beef is not liked, or if it be too underdone to eat cold, slices may be gently simmered over the fire in gravy or broth, or a very little water, and a little pepper and salt, eschalot vinegar or some sort of catsup.—The sirloin seldom now comes to table whole, yet it was the fashion formerly; and the good old custom was kept up in the house in which I was brought up; indeed, we seldom had any other joint of roast beef, and, therefore, I am able to give the best instructions for cooking it. No spit will carry round a whole sirloin, therefore it must be *dangled*, and one which weighs (after great part of the suet has been taken out,) 40 lbs. will roast in five hours, for it is no thicker than a piece of 10 lbs. weight. The fire must be so large and high, that the heat must, of course, be very very great. Many a cook's complexion, to say nothing of her temper, has suffered in the cause of our "noble sirloins"; and if she avenged herself upon our *outré* taste, by handing over to the tallow chandler a part of the immense quantity of dripping which melted from the huge roast, who could wonder at it? Dr. KITCHENER recommends that the inside or tender-loin be taken out, leaving all the fat to roast with the joint, and that this part be cooked so as to resemble hare. For this purpose spread some hare stuffing over the beef, roll that up

tightly with tape, and tie it on the spit. Send this to table with the same sauces which generally accompany roasted hare. When the whole joint is roasted, the inside will be sufficiently underdone to make very nice hashes. If only a part of the sirloin be cooked, the inside is best eaten hot, as it is not so good cold as the upper side.—Roast beef bones should be taken care of, for soup and gravy, and not suffered to become musty before they are used.—Without professing to know anything of cattle, I have always understood, that the best beef is that of the small Kiloe or Welsh breeds; and my own experience confirms the observation, in as much as I have observed that the small beef is finer in the grain than the larger.

Ribs of Beef

May be roasted the same as the sirloin. Another way is to take out the bones, lay the meat flat, and beat it with a rolling pin; soak it in two thirds of vinegar and one of water, or, better still, white wine in place of the vinegar, for a night; next day cover it with a rich forcemeat, made of veal, suet, grated ham, lemon peel and mixed spices. Roll it tightly up, fasten with small skewers and tape, and roast it, basting constantly with wine and butter. Froth with fresh butter, and serve with venison sauce. (*See Sauces.*)

Leg of Mutton.

Cut out the pipe that runs along the back bone, wipe off all mustiness. Rather a *quick* fire is required for mutton, particularly if it have been kept any time. Roast in the same manner as directed for beef. Onion, sweet sauce, or currant jelly, are eaten with mutton. A haunch, saddle, loin and shoulder of mutton, are roasted in the same way.

Haunch of Mutton.

To dress as Venison. Keep it as long as you think it will be good, then rub with the following, and let it lie in it, thirty six hours. Mix 2 oz. of coarse sugar, 1 oz.

of salt, and $\frac{1}{2}$ oz. of salt petre. A taste somewhat peculiar to our house, and of American growth, is stewed cranberries, as sauce with roast mutton, and I recommend the trial to all who can procure good cranberries. I have heard that tomata sauce is good with roast mutton; this also is American.

Sucking Pig.

The age at which it ought to be killed is matter of dispute; some say, at twelve days old, others at three weeks: but all agree that the sooner it is cooked, after it is killed, the better. After the inside is taken out, wash the pig well with cold water. Cut off the feet at the first joint, leaving the skin long enough to turn neatly over. Prepare a stuffing as follows; $\frac{1}{2}$ oz. of mild sage, 2 young onions, parboiled and chopped fine, a tea-cup full of grated bread crumbs, 2 oz. of good butter, and some pepper and salt; put this into the pig, and carefully sew the slit up. Some cooks baste, at first, with salt and water, and then keep brushing the pig with a brush of feathers, dipped in salad oil. Others tie a piece of butter in muslin, and diligently rub the crackling with it; either way is good. It should be dredged with flour, soon after it is put down, and the rubbing with butter or oil never cease or the skin will not be crisp. The fire should be brisk, and a pig iron hung on the middle of the range, or the pig will be unequally cooked, for the middle will be burnt up, before the two ends are done. A good sized one will be done in an hour and a half. A pig should never go whole to table. Take the spit from the fire, and place it across a dish, then with a sharp knife cut the head off, cut down the back, and slip the spit out. For sauce, have a little clear beef or veal gravy, with a squeeze of lemon, and, if approved, the brains and liver, or a little of the stuffing out of the pig, mixed in it, also a very little finely chopped sage. Apple sauce and currant sauce are not yet out of fashion for roast pig. A little chili or eschalot vinegar is an improvement to pig sauce.

Venison, Haunch or Shoulder.

This will hang three weeks with care, but it must be watched. Wet it as little as possible; a damp cloth, only, should be used to cleanse it. Much is necessary to be done to preserve the fat, for without fat venison is nothing. Butter a sheet of kitchen paper and tie it over the fat side of the joint, then lay over that, a paste of about $\frac{1}{2}$ an inch thick of flour and water; tie another sheet of paper over that, fasten all on firmly, and rub butter over the outside paper, that the fire may not catch it. Baste constantly, and keep up a strong clear fire. A large haunch, in a paste, will take from four to five hours, and not be overdone. Half an hour before it is ready take off the coverings, and put it nearer the fire to brown and froth. Baste with fresh butter, and lightly dredge it with flour. For sauce, currant jelly in heated port wine, in one boat, and clear drawn, unsiced gravy, in another. (*See Gravies*). Raspberry vinegar may be used in making sauce for venison. Some epicures like eschalots or small onions, served with venison, hare, or any meat eaten with sweet sauce.

The shoulder, breast, and neck, are all roasted, but the two latter are best in pies; and if lean, are well used in the making of soup.

Fawn.

This should, like a sucking-pig, be dressed as soon as can be after it is killed. When quite young, it is trussed and stuffed like hare. But it is best, when large enough to be cut in quarters, and dressed like lamb. The hind quarter is the best. DR. KITCHENER recommends that a fawn should be half roasted, and then hashed the same as hare or venison. Or: in pies the same as venison. A fawn may be baked. (*See Baking*).

Veal.

The fillet should have a stuffing of force-meat made thus: two parts of stale bread crumbs, one part suet, marrow or

fresh butter, a little parsley boiled for a minute and chopped fine, 2 tea-spoonfuls of grated lemon peel, a little nutmeg, a very little cayenne and some salt, the whole to be worked to a proper consistence, with the yolks of 2 or 3 eggs. There are many things that may be used at the discretion of the cook, in flavouring stuffing, such as grated ham, beef, sausages, pickled oysters, anchovy, sweet herbs, eschalots, mushrooms, truffles, morels, curric powder and cayenne. The fillet should be covered with paper, after it is stuffed, and securely fastened in a nice shape. Baste well, and half an hour before you take it up, remove the paper, and bring the meat nearer the fire, to brown it. Garnish with slices of lemon. When in the dish, pour some thin melted butter over, to mix with its own gravy. Veal must not be under-done, and the fillet, being thick, requires soaking, before a strong fire, and 15lbs. weight will require full four hours roasting. Sausages are served with it, or ham, or bacon, and greens.

Shoulder of Veal.

This joint ought to be stuffed, and the stuffing must have more suet or butter than that for the fillet. Serve and garnish the same.—Allow from three hours to three and a half for roasting.

Loin of Veal

Must be well jointed. The kidney fat papered, or it will be lost. Toast half the round of a loaf, and place it in the dish under the kidney part, and serve and garnish the same as the fillet. About three hours.

Breast of Veal.

Keep it covered with the caul till very nearly done, for that will preserve the meat from being scorched, and will also enrich it.—From one hour and a half to two hours.

Lamb.

Lamb must be young, to be good, and requires no keep-

ing to make it tender. It is roasted in quarters, or saddles, legs, and shoulders. It must be well done, but does not require a strong fire.—When the shoulder is removed, the carver ought to sprinkle some salt, squeeze $\frac{1}{2}$ a lemon, and pour a little melted butter over the target, and then replace the shoulder for a few minutes.—Lamb should have mint sauce, and be garnished with crisp parsley, sprigs of cauliflower, or alternate slices of lemon and sprigs of water cress.—Serve salad, spinach, french beans, cauliflower or green peas.

Pork

Requires more fire than any other kind of meat, and must be thoroughly done.

Leg of Pork.

Make a slit in the shank, and put in a stuffing of mild sage and parboiled onions, chopped fine, also pepper, salt, grated stale bread crumbs, a piece of butter, a tea-spoonful of made mustard, and an egg to cement the whole, then sew it up. Rub the skin often, all over with salad-oil or fresh butter, while the roast is going on. The skin must be scored about twenty minutes after the pork is put down. A leg of 8lbs. about three hours. Serve onion sauce, or apple sauce, and peas pudding. (*See Sauces.*)

Loin and Griskin.

The loin must be scored, and if you like, stuffed, as above; or mix powdered sage, and finely chopped onion with the basting. A loin of 5lbs. two hours; if very fat, half an hour longer. A griskin of 7 or 8lbs. one hour and a half.

Turkey.

A turkey ought to hang as long as the weather will allow it to remain good. Take care, in drawing, not to break the gall bag, for no washing will cure the mischief. It is still the custom, in some counties, to send a roast

turkey to table with its head on. Press down the breast bone. Fill the craw with a stuffing as follows : a large cup of bread crumbs, 2 oz. minced beef suet, a little parsley (always parboiled, as well as onions, for stuffings) a little grated lemon peel, 2 or 3 sprigs of thyme, some nutmeg, pepper and salt, mix the whole well, and cement it with an egg. Add, if you choose, parboiled oysters (a few) or a little grated ham. Do not stuff too full, and keep back some of the stuffing to make little balls, to fry and garnish with, unless you have sausages. Paper the breast. Score the gizzard, dip it in melted butter, and then in bread crumbs, fix it under the pinion, cover it with buttered paper, and be sure that it has its share of basting, as well as the liver, which must be placed under the other pinion. The fire must be the same as for beef. Keep the turkey at a distance from the fire, at first, that the breast and legs may be done. A very large one will require three hours roasting, and is never so good as a moderate sized one, such as will roast in little more than one hour and a half. Dredge with flour, and baste constantly with fresh butter, or washed salt butter. Half an hour before it is done, take off the paper, to let the turkey brown, and when the steam draws towards the fire, lightly dredge it with flour ; then put a good sized piece of butter in the basting ladle, hold it over the turkey, and let it drop over it as it melts. This will give a finer froth than basting from the dripping-pan. For sauce, a little clear gravy in the dish, and more in a tureen, with egg, bread, or oyster sauce, in another. Chine and greens may be served with turkey.

Capons and common Fowls

May be roasted the same way as turkeys, and stuffed, if the size will admit. A large full grown fowl will take about one hour and a quarter ; a chicken from thirty to forty minutes. The sauces for fowls are, gravy, parsley and butter, either with or without the liver (after being roasted) chopped up in it, or mushroom, bread or egg sauce.

Goose.

Well wash and dry it in a cloth, then stuff it with 4

onions, a fourth of their bulk in sage, and half, or, if you like it, the whole of the liver; parboil these together, slightly, and mix them with the crumb of a penny loaf and an egg. *Or*: prepare a stuffing of 6 good onions, 2 or 3 apples, and some sage, chop these together quite fine, season with pepper and salt, and warm it in a sauce-pan, sufficiently to half cook it. Put the stuffing in the goose, tie that tightly at both ends, when on the spit, keep it papered the first hour, and baste with a little dripping. Froth it the same as turkey. The fire must be kept brisk. A large goose will require from two to two hours and a half. Take it up before the breast falls. Its own gravy is not good. Serve with a good gravy flavoured with Port wine, or cider, and walnut catsup, also a table-spoonful of made mustard.—It is a good plan for the cook to cut up the goose, remove the joints separately on another *hot* dish, and then pour the gravy boiling hot over. This may not be fashionable, but it preserves the goose from eating *greasy*, saves the lady of the house trouble, and insures its being hot when helped. Serve apple sauce.

Green Geese.

These will roast in half an hour, and must not be stuffed. Put a good sized piece of butter inside, and some pepper and salt. Froth and brown nicely. Serve gooseberry sauce.

Ducks

Will keep three days, but are better dressed the day they are killed. Ducks may be stuffed or not (the same as geese), according to taste. But if two are roasted, one may be stuffed, and the other merely seasoned inside, with pepper, salt, an eschalot, and cayenne if liked. Serve green peas with ducks. From three quarters to an hour will roast them. Baste well, and give a good froth. (*See Sauces and Forcemeats.*)

Wild Ducks

Take from twenty five minutes to half an hour. They

are, generally, preferred underdone. Some persons cut slices in the breast, and squeeze into these lemon juice with cayenne.—(*See Sauces*).

Pheasants and Partridges.

These require a brisk fire. Both are trussed in the same way, and their heads left on. Make a slit in the back of the neck to take out the craw; do not turn the head under the wing, but truss it like a fowl, and fasten the neck to its side with a skewer. Thirty minutes will roast a young pheasant, and forty or fifty minutes a full grown one. Good sized partridges take nearly as long. Baste with butter, and froth them. Clear, well flavoured gravy of beef, veal, or mutton, and bread sauce.

Guinea and Pea-fowl.—In the same way.

French cooks lard all these. (*See to Lard.*) They also have a method of dressing them thus: lay slices of lemon over the breast, and upon these, slices of fat bacon, cover with paper, and roast them. Another way is to fill the pheasant with a delicate stuffing of veal, grated ham, lemon grated, and spice, then roast it.

Woodcocks and Snipes

Should be kept as long as they are good. Do not draw them, nor cut off their heads. They should be tied to a bird spit, or dangled singly. The fire must be clear. Twenty or thirty minutes is enough for woodcocks, and less for the rest, in proportion to their size. Lay some slices of toasted bread, the crust cut off, in the dripping-pan, to catch the *trail*, which, (strange to say), is considered the great delicacy of these birds. Dish them on the toasts. Serve melted butter. Garnish with slices of lemon.—In France they stuff woodcocks with truffles, and other things, then roast, or stew them.

Grouse, Moor Game, Black Cock, Plovers, Rails, and Quails.

These are roasted the same as partridges, but the head of grouse is twisted under the wing. Do not let them be over-done. Serve with a rich gravy and bread sauce. Garnish with fried bread crumbs.

Pigeons.

Clean them as soon as they are killed, and the sooner they are dressed the better, as they spoil quickly. Wash them very well, stuff each one with a piece of butter the size of an egg, a few bread crumbs, a little parsley, and the liver chopped, if you like; season well with pepper and salt. They roast in twenty-five or thirty minutes. Pour into the dish a little thin melted butter, with or without parsley, to mix with their own gravy. Serve bread, or rice sauce, and garnish with fried crumbs. Wood-Pigeons should hang till tender, then be roasted and served in rich gravy. These require less roasting than tame pigeons.

Larks, Wheat-Ears, and other Small Birds.

Some of these are very nice eating; particularly the *Wheat-Ear*, which, from its superior flavour, has been called the English ortolan. A roast of small birds is so much the fashion in France, that you can seldom travel many days together without finding this as one of the principal dishes of the supper-table. In the autumn, and, indeed, through the winter, you will constantly see a partridge, or a woodcock, served up in the midst of a numerous company of blackbirds, thrushes, larks, and a variety of such small birds; a truly "dainty dish to set before a king." This custom is remarkable because there is a comparative scarcity of small birds in France, whilst we in England are overstocked with them; and could procure them with ease, and yet they are seldom seen at our tables. The *sparrow-pudding* is known in many country places, but is not often seen. Indeed in this land of beef and mutton it would be hard if these little creatures could not be left to sing and build their nests in peace. With the French there is such an avidity for all sorts of small birds, that a string of them is one of the most ordinary articles of the store in the larder. Nothing that flies in France above the order of humming-birds in its size, is too insignificant to come within the scope of the sportsman's ambition and the purveyor's nets and

springes. I am not sure whether our exquisite neighbours ever proceed so far as to devour sweet Philomel herself; but they certainly do what would be deemed still more shocking in England, making no exception in favour of that little bird, to injure which is here a sort of crime; they kill the robins and cook them by dozens at a time. The forest of Ardennes abounds in them, and in the season for cooking them, the traveller may fare sumptuously upon these pretty little creatures, without being aware of what he is eating. Lovers of delicacies might find it worth their while to travel in the countries where the vine and the fig-tree abound. There the small birds feed and fatten on the grapes, even into the winter, for, long after the conclusion of the vintage, refuse grapes may always be found hanging. This food, so superior to our blackberries, hips, and haws, may well cause the flavour of the birds to be in the highest perfection; for the fruit is so nutritious that the labouring people almost entirely live upon it through one whole season of the year. In Sicily the grapes will keep for months after they are quite ripe, hanging on the vines in the open air. There is a little bird, about the size of the nightingale, called the *Fig-pecker*, from its feeding upon the figs. This is one of the most prized delicacies of the South of France and Italy.—All the above named birds require to be very well cleaned. Then put them on a bird-spit or skewer, and tie that on another spit, or dangle it before the fire. Baste with good butter, and strew sifted bread crumbs over as they roast. French cooks generally put a thin small slice of bacon over the breast of each bird, bringing it over each wing. Fifteen minutes will roast them.

Hare

Should, unless it be a leveret, hang several days, to make it sufficiently tender. Cooks differ as to the proper method of keeping it. Some keep it for some days unpaunched, while others see that it is paunched instantly, wiped clean and dry inside, and then let it hang as many as eight days. If really an *old* hare it should be made into soup at once, for it will never be tender enough to eat after roasting. The heart and liver should be taken

out, as soon as possible, washed and scraped, and parboiled, and kept for the stuffing. Most cooks maintain the practice of soaking hares, for two hours in water, but more hares are rendered dry and tasteless by this method than would be so naturally. A slit should be cut in the neck, to let the blood out, and then the hare should be washed in several different waters. Prepare a rich and relishing stuffing, as follows : the grated crumb of a penny loaf, a $\frac{1}{4}$ lb. beef suet, or 3 oz. of marrow, a small quantity of parsley and eschalot, a tea-spoonful of grated lemon peel, the same of nutmeg, salt, pepper, and the liver chopped, mix all together with the yolk of an egg ; and an anchovy, if approved ; put it inside the hare, and sew it up. For basting, most cooks use milk and water, till within twenty minutes, or thereabouts, of the hare being done, and then baste with butter. But a very good cook of ours, first basted it with milk and water, for about ten minutes, to draw away the blood, then with ale, and for the last half hour with fresh dripping, until about five minutes before the hare was taken up, when she basted with butter to give a froth, having previously lightly floured it. Where cream and eggs abound, you may, after the hare has been basted with butter, empty the dripping pan, and baste with warm cream, and the yolk of an egg mixed in it. A good sized hare will take one hour and a half to roast. Serve good gravy in a tureen, and currant jelly.

CHAPTER X.

BAKING.

SOME joints of meat may be baked to advantage; that is to say, not absolutely spoiled, and the *advantage* is the saving of fuel, and the cook's labour. It is convenient, occasionally, to send the dinner out to be cooked, but then the meat which suffers least from such cookery, ought to be selected; veal is very good baked, so is a leg of pork, also a sucking pig, a goose and a duck; but I never saw mutton return from the bake house, which did not present an uninviting appearance. Some pieces of beef bake well, with peeled potatoes under to catch the gravy, and brown. Some sorts of fish also bake well. (*See fish in the Index.*)

Breast, Loin, Fillet, or Shoulder of Veal.

The two last should be stuffed with forcemeat; put the joint on a stand in a deep baking dish, and stick bits of butter over the top. The heat of the oven should be very strong, but not fierce. Baste the meat from time to time; when nearly done sprinkle salt over, and ten minutes before it is taken out, dredge well with flour.

Pig.

Put it in a shallow baking dish, cover the ears and tail with buttered paper; send a good sized piece of butter tied in muslin for the baker to rub over it; which should be frequently done.

Goose and Duck.

Prepare as for roasting; put them on a stand, and turn them when half done.—*Wild Goose* the same, but with a piece of suet inside.

Ham.

Boil it till half done, then cover it with a paste made of flour and water, and set it in an oven, which is hot enough for bread, till you think it is quite done.

Ox Cheek.

Cover with a strong seasoning of pepper, salt, and minced onion. Let it bake three or four hours, according to its size, then set it by till next day, take off the fat, and warm it as you want it. *A shin of beef*, in the same way.

A Fawn.

Put a caul over, and set it in the oven ; about a quarter of an hour before it is done, take off the caul and baste well with butter. It will bake in the same time that a pig requires.

Meat pies require the oven to be as hot as for joints of meat, yet they should not be scorched. They also require time to soak through, or the meat will not be done.

Fish pies require half an hour less baking than the same sized meat pies.

Great nicety is required in the baking of fruit pies and light pastry. All these ought to be baked at home ; when the precise heat of the oven, which the article to be baked may require, may be attained, which it rarely can be at the bakehouse. Pastry suffers, too, in being exposed to the air on its way to the oven ; and it ought not to wait long after it is made, before it is baked.

Hare.

Prepare as for roasting, and baste it constantly with butter.

CHAPTER XI.

BROILING.

THIS department of cooking is seldom excelled in, though it appears exceedingly simple, and is of general utility; for few persons like to dine on cold meat, and none scarcely dislike a broil. There is no economy in broiling, but such cold meat, poultry or game, as cannot be hashed with advantage, may be broiled and will make a better appearance on the table, as well as be more agreeable to the palate, than if served cold and dry, and without any accompaniment of sauce.

The great secret in broiling is to have a suitable fire. It must be strong, bright and clear, and entirely free from smoke; if half burnt down, so much the better.

There should be two gridirons in the kitchen, one for meat and poultry, and the other for fish. Those which are contrived to hang before the fire are very useful. A gridiron should be rubbed clean immediately after it has been used, and never set aside with a particle of grease or soot attached to it.

Just before you lay meat on it, after you have made it hot, rub the gridiron with a piece of fresh suet, if for meat; if for fish, rub with chalk. A pair of steak-tongs are indispensable.

Above all things, it is necessary to the perfection of a broil that it be served immediately, and be closely covered on its way from the fire to the table, and that the plates, as well as the dish on which it is served, be hot.

Beef Steaks.

These are eaten in perfection in England only, and, it is said, best in the Chop-houses in London, where daily practice has made the cooking perfect, and because in

London the best beef may always be procured, which is not the case every where. No skill in broiling will render tough beef tender. Steaks are best, cut from the middle of the rump, after the meat has been killed five days (if the weather permit), or even longer. They should be of about three quarters of an inch in thickness; beat them a very little. Sprinkle a little salt over the fire, lay the steaks on the hot gridiron, turn them frequently, and when the fat blazes and smokes much, quickly remove the gridiron for an instant till that be over, and the steak will be sufficiently done, in from ten to twelve minutes. Have a hot dish by the side of the fire; and, to gratify the taste of some persons, rub it with a piece of eschalot; at all events, let the dish be *hot*, and as you turn the steaks, from time to time, if there be any gravy on the top, drop it into the dish. Before you dish them, you may put a piece of fresh butter, and a spoonful of catsup in the dish; then sprinkle the dish with a little salt, lay them in the dish, and turn them once or twice, to express the gravy. Garnish with horse-radish, or pickles. Oyster, and many other sauces may be served; but beef steak eaters say that its own gravy, and some pepper and salt, are all that a good beef steak requires, unless it be a little sliced raw onion strewed over, *or* tarragon.

Beef Steaks, with Potatoes.

These must be beaten flat; season on both sides with pepper, salt, and such mixed spices as you choose the flavour of; dip the steaks in melted butter, lay them on the gridiron, and broil them, as directed in the last receipt. Have a little finely-rubbed parsley, or chopped eschalot, a piece of butter, and some pepper and salt, in a hot dish, and when the steaks are done, lay them in it, turn them once or twice, and arrange some slices of potatoes fried, round them. *Or*: spread mashed potatoes quite hot in the dish, and lay the steaks on.

*Mutton and Lamb Chops, also Rabbit and Fowl cut up,
Sweetbreads and Kidneys.*

These may all be broiled in the same way as plain beef

steak. Take care that the fat which drops from mutton and lamb does not smoke the chops; where there is danger of this, take off the gridiron, and hold it aslant over the fire. Kidneys must, to prevent their curling, be stretched on a skewer. All these may be dressed in a more savoury way, thus: dip them in egg, then in a mixture of bread crumbs, and savoury herbs, before you put them on the gridiron. For mutton, a piece of butter in a hot dish, with a little catsup, is good sauce; but no catsup for lamb; cucumber sauce is better.

Pork Chops

Require a very strong fire, and more cooking than mutton, for they must be well done; cut them once to ascertain the state they are in. Mix in a *little* gravy, rather thin than rich, a spoonful of made mustard; pour this, quite hot, over the chops, in the dish, to mix with their own gravy; then strew over them, a little dry sage, rubbed small, and some chopped eschalot. Pork chops may be dressed in a dutch oven.

Chickens and Pigeons.

After a chicken is picked, singed and washed, or wiped clean, truss, and lay it open, by splitting down the back; season the inside with pepper and salt, and lay that side on the gridiron, at a greater distance from the fire than you put a steak, for it will take longer to cook; at least half an hour is necessary for a good sized chicken. From time to time remove the chicken from the fire, and rub it over with a piece of butter, tied in muslin. Run a knife into the breast to ascertain if it be done. The gizzard should be scored, well seasoned, broiled, and divided, to garnish the chicken, along with the liver, and slices of lemon. Serve mushroom sauce or parsley and butter. Pigeons are broiled in the same way, or they may be done whole; in which case truss them, and put inside each a large piece of butter, pepper and salt, tie close at both ends, lay them on the gridiron, and turn them frequently. You may rub them over with egg, and roll them in bread crumbs and chopped parsley, with which mixture dredge

them whilst broiling. Parsley and butter in the dish, and mushroom catsup, if you like. Chickens should be skinned before they are broiled for a sick person.

Partridges.

Prepare as above, and place them in a frying-pan in which you have melted a little very delicate dripping, or butter; let them stay ten minutes; turn them once, finish on the gridiron; this makes them more firm than they would otherwise be. Poor man's sauce (*see Sauces*) is good with all broiled birds.

Note.—*Sauce Robert* is good with all broils.

CHAPTER XII.

FRYING.

THIS is not so difficult a process as broiling, and some meat is as delicate eating fried, as it would be broiled, provided the fat which is used be not the least rancid. Few cooks are careful enough in this particular. Lard, butter, dripping, topfat (i. e. the cake of fat which is taken off soup or broth, when it has stood a night), oil, and suet are all good for frying. But butter, suet and dripping ought to be clarified; the pan will not be so apt to burn, and the fat, of whatever sort it be, will have a more delicate taste. Housekeepers lose much of the credit which they might otherwise obtain, by neglecting this, and similar niceties of the kitchen department. The pan should be thick at the bottom: indeed the generality of frying pans are too thin; an oval shape is the best, particularly for fish. The fire must not be fierce, as fat will scorch very soon, and the meat, in that case, will be burnt, before it is half cooked; neither must it be too slack, for then the meat will be soddened; and if it be fish, of a bad colour, and not crisp. The heat of it may be ascertained by throwing a bit of bread in; if the pan be too hot the bread will be quickly burnt up. The fat in which veal, lamb or sweetbreads have been fried, will do to fry fish with: let it stand to settle, then pour the top carefully from the sediment, and put it by. The fat will be the richer, for the meat which has been cooked in it, and will not injure the fish. Fritters and all pastry or sweet things, must be fried in good butter, lard or oil.

Particular skilfulness is required to fry fish well, and is attainable only by practice. To ascertain the heat of the pan, dip the tail of the fish into the boiling fat, and if it become quickly crisp, the pan is ready.

Fries, as well as broils, must be served hot, and as soon as they are taken off the fire, or they will be spoiled.

To Clarify Butter.

Cut it in pieeces, and put it into a jar; set that in a kettle of boiling water, and let it melt; skim carefully, take the jar out of the water, let the butter cool a little, then pour it gently off, keeping back the milky sediment.

Suet.

Chop the suet of beef, mutton or veal (but the latter is best kept for puddings), take off all skin and fibrous parts, melt it as above, or in a Dutch-oven before the fire; but melt it slowly. Strain, or pour off, as above. *Dripping* from roast beef or mutton may be done in the same way, and is good for peas soup, and for pastry. When you keep it for soup, it may be seasoned, after it is melted and strained. A piece of eharecoal will remove a rancid taste, if put into the melting fat, and stirred round a few minutes.—Butter or lard must be used in the frying of all white meat.

To prepare Bread Crumbs for frying.

Grate the crumb of a stale loaf, and put it into a slow oven for half an hour; then beat it well in a mortar, sift, and put it by for use.

Herbs, lemon peel and onions, must always be chopped fine, before they are mixed with bread crumbs for frying.

Beef Steaks and Mutton Chops.

These must be fried in butter. Steaks the size of those directed for broiling will be done in from ten to fifteen minutes. When nearly done, cover a dish over them, and let the pan remain five minutes by the fire, after you take it off. Then put the steaks into a hot dish, and add to the gravy in the pan a piece of butter rolled in flour, a glass of port wine, a very little water, some pepper, salt, a little minced eschalot or onion; let this boil, then pour it over

the steaks. Garnish with horse-radish, and serve mashed potatoes and pickles.

Scotch Beef Collops.

Put some butter into the pan, and when it is hot, lay in some slices of beef (much thinner than steaks cut for broiling), and onion, to your taste, in slices. If the butter used for frying be fresh, add a little salt and pepper; if salted, only pepper. Keep the pan covered all the time. In ten minutes the collops will be done; they must then be laid in a dish and kept hot, whilst a little oyster pickle, lemon pickle, walnut catsup, a tea-spoonful of made mustard, the same of soy, and boiling water, are added to the onion gravy sauce in the pan, and just boiled up; pour it over the collops, and serve directly. Serve pickles with these.

Veal Cutlets

May be cut from the fillet, or the loin. Trim them neatly; take off all the skinny parts, and put them into a stew-pan with a little water, a small onion, a piece of lemon peel, a blade of mace, a sprig of parsley, the same of thyme, a bay leaf, 2 or 3 pepper-corns, and a piece of butter the size of a walnut, rolled in flour; set the stew-pan on one side of the fire, and let it simmer gently, to make gravy for the cutlets. You may add sweet and knotted marjoram, also celery, or a few bruised celery seeds, and more onions. Have some butter or lard (not dripping) hot in the frying-pan, and put the cutlets into it. Keep the pan at a little distance from the fire, and turn the cutlets frequently, if the pan be hot: when they are become of a light brown colour, cover a dish over the pan, and set that high over the fire till the cutlets are done. If not more than half an inch thick, they will be done in fifteen minutes. Strain the gravy, then boil it up again, and pour over the cutlets. Garnish with curled parsley, or slices of lemon. *Or*: you may dress them thus: brush the cutlets with egg, then dip them in a mixture of bread crumbs, parsley, lemon-peel, lemon thyme, a little nutmeg and cayenne. Fry in a good deal of butter, and

strew more of the mixture over as they cook. When done, place the cutlets in a hot dish, and keep them covered by the fire, while you prepare the following gravy: pour into the pan a little weak broth, or boiling water, flavour with lemon pickle, white wine, eschalot vinegar, a *little* soy, a sprig of lemon thyme, and 3 or 4 white peppercorns, add small bits of butter rolled in flour, boil this up, skim and pour it over the cutlets.

Lamb and Pork Chops.

Fry in the same way as veal, either plain or egged. Garnish with slices of lemon, or crisped parsley. Pork chops egged, are improved to some person's tastes, by a little finely chopped onion and sage.

Sausages.

It is a mistake to suppose that these do not require fat to fry them. It should be butter or dripping, not lard (a little for beef or pork, more for veal), and sausages of every kind ought to cook very slowly, that they may be thoroughly done, without being scorched, and that they may not burst. Prick them with a darning needle to assist in preventing this, but gradual heating is the best preventative, if they be quite fresh, which they must be to cook, or to eat well. Drain them, *very* lightly flour, and set them before the fire to froth. For dinner or supper serve mashed potatoes with sausages.

Eggs with Ham or Bacon.

Soak the slices, whether of ham or bacon, in luke warm water, and dry them in the folds of a cloth; by these means they will be less hard than fried bacon usually is. The pan used to fry eggs should be delicately clean. A good method is, to melt a little fat in the pan, pour that off, and then, whilst the pan is quite hot, rub it hard with a cloth. Let the bacon be nearly done, and if the fat be at all burnt, pour that off, and put in some fresh; then slip the eggs gently in. When they are done, lay the slices of bacon in a dish, trim the

eggs neatly, and lay them on the bacon.—The eggs should be fried in one pan, and the bacon in another ; some prefer the latter broiled.—For breakfast, slices of ham or bacon should not be broiled or fried, but toasted on a fork before the fire. Some persons think that the meat should be boiled first, and merely warmed by toasting.

Sweetbreads.

Parboil them while fresh, and then fry them cut in long slices, or whole, in plain butter ; or else egged, covered with bread crumbs, and seasoned with lemon peel, pepper, and a sprig of basil. Garnish with crisped parsley, and lemon sliced : serve on a toast, with either parsley and butter, or plain butter, and a very little of walnut, mushroom, or any other catsup. Small slices of crisped bacon may be laid round the dish.

Lamb's Liver and Pig's Harslet

Must be quite sound to be worth cooking. Cut the liver in long thin slices, soak in water, then dry them in a cloth, flour, and season with pepper, salt, a little onion or eschalot and sage, chopped fine. Fry the slices in butter or lard, of a light brown, and when nearly done, put into the pan some slices of bacon. When you take the liver and bacon out of the pan, pour in a tea-cupful of boiling water, dredge some flour in, let it boil up, and pour this gravy over the liver. You may fry a handful of parsley in the gravy. Garnish with crisped parsley ; serve mashed potatoes, or, better still, stewed cucumbers. Of the pig's harslet, the lights, sweetbread, and heart may be parboiled, cut up, and fried with the liver.—*Or* : after the fashion of *Herefordshire*, cut in slices, 2 inches thick, the liver, griskins, heart, kidney, lights, crow and some fat of bacon ; rub these slices well with a seasoning, composed of onions, apples, a *little* sage, and plenty of pepper and salt ; then put them on a small spit in alternate slices of lean and fat, cover all over with the pig's caul, and roast it three hours, or more if the harslet be large. When done, remove the caul and pour a kettle of boiling water over. Make some gravy of

the water that has been poured over, and flavour it with port wine, cyder, and walnut catsup. Serve apple sauce.

Calf's Liver and Bacon.

The same as the first of the two last receipts. Serve it quite hot, with a slice of bacon on each slice of liver. Make a little gravy in the pan, squeeze some lemon juice in it, and pour it over the fry. Garnish with parsley.

Venison Collops.

A delicate way of dressing what is too lean to roast well. Make a good gravy from the bones and trimmings, strain it into a small stew-pan, put in a little butter rolled in flour to thicken it, add a very little lemon, a small glass of port or claret, pepper and salt to taste, also a very little cayenne and nutmeg; let this simmer, while you fry the collops. You may give the sauce a higher taste, by adding tarragon or eschalot vinegar. The collops may be cut, in long thin slices, from haunch, neck or loin; fry them, and pour the sauce hot over. Garnish with fried crumbs. Some persons prefer sweet sauce to any other. Currant jelly in a glass may always be served.

Tripe.

Boiled tender, cut in long narrow slips, and these dipped in a batter of egg and flour, and, if you like, a little minced onion and salt. Fry from seven to ten minutes, of a light brown. Serve, if approved, onion sauce.

CHAPTER XIII.

SOUPS AND BROTHS.

THOUGH I do not agree with the old proverb of our Gallic neighbours that, “c’est la soupe qui fait le soldat,” yet it is certain that much is lost by the disinclination, so prevalent in England, to nutriment provided in this shape. The long standing prejudice against French soup, from a belief that it must be *maigre*, is as ridiculous as the assuming that all Frenchmen are the small, thin, miserable looking creatures in reality, which they are represented to be in caricatures. Soup is exceedingly nourishing, and also economical, inasmuch as it converts into palatable food, the coarser parts of meat, all the trimmings, and much that could not be cooked with effect in any other way, or which would not present so agreeable an appearance on the table, as a tureen of soup.

The French excel in making soup, merely because they take such infinite pains about it, and not from the quality or quantity of their ingredients. A little meat with slow and regular boiling, will produce richer soup, than double the quantity will, if the soup-kettle be suffered to boil fast one quarter of an hour, and to stop boiling altogether the next quarter of an hour.—The fault most common in English soup is, the want of the juice of meat, caused by too quick and irregular boiling, and to remedy which want, recourse is had to pepper, herbs, and wine.—In every French house soup is served every day; a dinner would not be a dinner without it. The common mode of announcing this repast is: “La soupe est servie.” They vary the sort frequently, which is easily done, by making clear gravy soup the day before it is wanted: this they call *bouillon*, and we call *stock*. Of this, various kinds of soup and gravy are made;

and in a house where there is much cooking, the stock pot ought to be in use twice or three times a week.

Persons of taste in such matters, differ in opinion as to whether or not soup be better the day on which it is made. Some persons contend that a re-warming destroys in some measure its flavour. Soup made solely of brown meat or game, and without vegetables, will keep much better than that which is composed of veal, fowl, any vegetable substance, or fish. As the French are great economists in their kitchens, at the same time that they are the most scientific cooks in the world, it may not be presuming to recommend their practice, in this particular branch of cookery.

Read the directions for boiling meat, for they must be observed in the first process of soup making. Always use the softest water; and, as a general rule, give a quart to a pound of meat for soup, and rather less for gravy. Place the soup-kettle over a moderate fire, that the meat may be gradually heated through, which will cause it to swell and become tender: also the water will penetrate into the meat, and extract all the gross particles which will then go off in scum. If the meat be suffered to boil up quickly, it will be just as if it were seared before the fire, and will never yield any gravy.—After the soup has remained near to a boil for half an hour, let it boil gently, to throw up the scum; remove that carefully, and when you think no more will appear, put in the vegetables and a little salt: these will cause more scum to rise; watch and take it off, then cover the pot close, and place it so, by the fire, that it may boil very gently, and not vary its rate of boiling. From four to six hours may be enough, but an hour more would not be too much, for the bare meat and vegetables; all flavouring ingredients should be allowed the shortest possible time, because their flavour evaporates in boiling. Great extravagance is often committed from the want of attention to this, for a larger quantity of many costly ingredients is used, than would be required if they were put in just at the proper time. It may be necessary to put in some of these things at an earlier period than others; but this must rest with the discretion of the cook. Remember that where catsup is used, care must be observed not to

give much salt until after the catsup is in, and the cook has ascertained whether the soup or gravy require more salt.

If the soup waste much in boiling, add boiling water. Be very careful to keep the lid close, and remove it to look in, as seldom as possible, because so much of the flavour escapes by that means. If the soup be over watered, then, indeed, leave the lid half way off, that some of the water may evaporate in steam.

Thickening for soup is made of bread raspings. Biscuit crumbs are also good, and where biscuits are much consumed, the crumbs ought to be saved for the purpose ; particularly for delicate soup.

The thickening most commonly used, is made of flour rubbed in butter or fat skimmings. Flour or meal is easily coloured, by being spread on a plate, and placed in a dutch oven before the fire. Turn it with a spoon, and let it remain till it has obtained the colour you wish. Keep it covered close, for use. Potatoe flour, a table spoonful, mixed smooth in a cup of water, will give a nice thickness to soup. Barley and oatmeal, also Indian corn meal, may be used in the same quantity. This thickening should be put in after that scumming has taken place which the vegetables have made necessary. But the French mode of thickening soup is superior to any of the above. (See *Roux*.)

French cooks recommend the practice of first browning the meat, onions, and carrots, in a stew-pan, with no water, but a piece of butter, to prevent its burning. This should stew till it is all browned, but the meat must be turned often, for if it be the least burnt, it will spoil the flavour, as well as injure the colour of the soup. It may be browned in the frying-pan. The soup will not be so clear when strained, because, after the meat has been fried, the scum will not be extracted from it in the boiling, therefore the soup will not be so delicate in appearance, though it may have a finer flavour than if the meat were not browned. Soup may be made clear by the cook's whisking two eggs to a froth and letting them boil up in the soup, just before she strains it into the tureen ; but careful cooking is better than any such contrivance.

Some cooks think it a good practice to boil all the

vegetables by themselves to a mash, and then to pulp them through a sieve into the soup. This mode helps to thicken the soup. The fatter the meat, the greater quantity of green vegetables, such as leeks and greens, may be used. Meat should not be very fat for soup, nor yet all lean.

No seasoning whatever except salt, should be given to soup the day on which the stock is made, unless it be to be eaten on that day. Thickened soup requires a greater quantity of flavouring ingredients than clear soup, as the thickening material absorbs a great portion of the one used for flavouring.—Take care not to over season, or to let soup have any one predominating flavour. This is a great fault, and a common one. Of wine, the quantity should not exceed a wine-glassful to a quart of soup. The sort of wine must depend upon taste, but claret is the best, for brown soup. Every sort of vegetable soup is the better for a little cayenne.

Soup or stock made to be eaten on the following day, should be allowed to stand by the side of the fire for a quarter of an hour to settle, before it is strained; and then, also, the fat should be skimmed carefully off, and put by, as it will be found useful. Strain the soup or stock into an unglazed vessel. In hot weather, let it stand in as cool a place as possible; if you wish to keep it three or four days, it must be just boiled up every day. When you warm it for use, take off the cake of fat at the top, and carefully hold back the sediment.

Be careful in warming soup, that it do not get smoked, for it is apt to do this. Also remember that it should but just come to a boil, and then instantly be taken off the fire, for every bubble tends to flatten its flavour. When maccaroni, or any other paste, or any kind of green vegetable, is added at the time of re-warming the soup, of course time must be given for such addition to be sufficiently cooked.

Ham is directed to be used in making stock; but except for ragouts, or sauces which are required to be very highly flavoured, I should reject it.

When cream is added to white soup, it must be boiled first, or it will curdle. Pour it in by degrees, stirring it all the while.

The French use earthenware soup-kettles, and some persons prefer them to the cast-iron digester; but the latter is, I believe, more general in England.—Tammis cloths (bought at the oil shops) are better for straining than sieves; and the best way to use them is, for two people to twist contrary ways.

Stale meat should never be used for broth or soup. Vegetables should be as fresh as possible. The older and drier the onion is, the stronger is its flavour.

Plain Stock.

Having read the foregoing directions, get a leg or shin of beef, broken in two or three places, and well wash it. Cover with water, and boil it slowly as directed. An old fowl, if you have it, a rabbit, any trimmings of beef, mutton or veal, heads, necks, gizzards of poultry (quite fresh), may go into the stock; also any fresh bones. Watch and carefully scum, then give it salt, to taste, and a large carrot, a head of celery, 2 turnips, and 2 onions. Simmer this so gently as not to waste the liquor, from four to five hours, then strain as directed.—Rabbits are excellent in the making of stock. More onions may be used than I have given directions for in this receipt; indeed, where their flavour is not objected to, it is scarcely possible to use too many, for nothing enriches soup and gravy so much.

Bouilli.

The above may be made richer, or the quantity of stock increased, by adding a piece of fresh and juicy rump, flank or brisket of beef, to be eaten as bouilli, the day on which the stock is made. This is good management, but the bouilli must be well done, though not to rags, or it will not be tender. The time required to boil it must depend upon the weight of the beef. Some like the flavour of cabbage in soup, and it is good with bouilli; but if the stock be intended to make gravies, cabbage must not be used; boil 2 or 3 carrots instead, to serve with the bouilli. You may boil a fowl in the stock, just long enough to cook it, take it out when done, pour parsley and

butter over and serve it; or boil rice in a little of the liquor, till quite tender, and put it round the fowl. You may also boil part of a knuckle of veal in the stock, for that day's dinner; or a rabbit, and have onions ready boiled to serve with the latter; either or both will add to the stock, and be a convenient mode of cookery. A few very small suet dumplings may also be boiled in the stock, without any detriment to it.

Another Stock.

This is richer than the last. Take a large fowl, a large knuckle or great part of a leg of veal, a piece of rump of beef, and any kind of game; barely cover this with water, and when it boils let it be scummed, and let the water then waste about half. Then fill up the pot just to cover the meat, with some plain stock, previously prepared; add a carrot, 2 or 3 onions, some parsley, 2 or 3 leeks, a head of celery, and 2 cloves. Let it simmer, and when the vegetables are done, the stock may be strained, and the meat will be found not too much done to place on the table.

Another and Richer.

Place some slices of very good ham, not all lean, at the bottom of a stew-pan, then some thick slices or pieces of knuckle of veal, a fowl or two, and something of the game kind, if convenient; both these latter cut up. Let it be well heated but not scorched, add 3 pints of *plain stock*, a few chopped mushrooms, a little parsley, a very few green onions, a blade of mace, and 2 cloves. Scum carefully, and let this stew gently till all the ingredients are well cooked. It may be thickened either white or brown according to taste. See *Thickening*.

Clear Gravy Soup.

First heat, then rub with a coarse cloth, a good sized stew-pan or stock-pot, then rub the bottom and sides well with marrow, or melt in it a large piece of butter. Lay in about 6 or 7 lbs. of shin of beef chopped across, a

knuckle or scrag of veal, 2 or 3 shanks or the knuckle part of a leg of mutton, and any fresh trimmings of meat, game, or poultry, that you may have; also a slice of carrot, a head of celery, 2 onions, 2 leeks, and a turnip sliced. Let this catch, but not burn, over a rather brisk fire, and add 5 quarts of soft water. When it has been carefully scummed once, give it a pint of cold water, to throw up more scum. Simmer it slowly for full four hours. Place it by the side of the hearth to settle, then skim off the fat, and strain it. Of this soup, which ought to be very clear, are made many sorts, as the following;

Vermicelli; boil the quantity you wish to use, in a little water, till nearly cooked enough, then put it into the clear soup, when you put that on the fire to re-warm. *Brown thickening, which see in the Index.*

Maccaroni Soup: the same as the last, but take care not to make it too thick. Boil the maccaroni till rather more than three parts cooked, and then put it into the soup to finish cooking, while that is heating. Cream is an improvement. Serve grated parmesan. *White thickening.*

Carrot Soup: cut red carrots in thin strips, boil them by themselves till tender, and put them into clear soup, when it is re-warmed.—*Or*: boil 6 or 8 carrots till quite tender, then pulp them through a sieve into the soup. *Brown Thickening.*

Celery and Asparagus Soup: cut these in pieces rather more than $\frac{1}{2}$ an inch in length, and boil them gently, till tender, then put them into clear gravy soup. Cream may be used if the thickening be white.

Julienne Soup: cut leeks and celery in squares, turnips and carrots in strips, boil them till tender, and put into clear brown soup.—*Or*: cut carrots and turnips in strips, put a large tea-cupful of these into a stew-pan with $\frac{1}{2}$ lb. of butter, and shake it over the fire till they are tender, then pour in the stock, add young peas, 2 onions, 2 leeks, a small lettuce, some sorrel and chervil, all these cut small; simmer gently till the vegetables are cooked, then put in 3 lumps of sugar.

Clear Herb Soup.

Cut up what herbs you like the flavour of; also leeks,

celery, carrots, turnips, cabbage, lettuce, and young onions in preference to old ones : add a handful of young peas, put the whole into boiling water, and give them just a scald. Drain them on a sieve, put them into some clear stock, and let it simmer slowly till the roots are tender. Season with salt, and a very little cayenne, if you choose.

A plainer Clear Soup.

Cut 6 lbs. of gravy beef small, and put it into a large stew-pan, with 2 onions, a small carrot and turnip, a head of celery, a bunch of sweet herbs, and a pint of water. Let this stew slowly for an hour, and add 9 pints of boiling water. Simmer it slowly for six hours, strain it through a sieve, and let it stand till the next day. Take off the fat, pour it from the sediment, and boil it up with whatever flavouring ingredient you choose.

Brown Soup.

Make this as clear gravy soup, and strain it. Then fry to a nice brown, 2 lbs. rump steaks, cut in small pieces, drain from them all fat, and put them in the soup. Let them simmer an hour, add salt, pepper, and cayenne to taste, also a wine glassful of any catsup you like, and when done, let it stand by the fire, to allow the fat to rise ; take that off, and serve the soup with the steaks.

Plain White Soup.

Soak well a large knuckle of the best veal, put it into the soup-kettle with 2 fowls skinned, $\frac{1}{4}$ lb of lean undressed bacon or ham, a bunch of lemon thyme, 2 onions, 1 carrot, 1 turnip, a head of celery, a few white peppercorns, and 2 blades of mace. Scum very carefully, boil for two hours and a half, and strain. This should form a jelly. When you re-warm it, take off the top fat, clear the soup from the sediment, and put them in a stew-pan. You may add vermicelli or maccaroni, previously boiled till nearly done.

Another White Soup.

Cut small $2\frac{1}{2}$ lbs. veal, and $\frac{1}{4}$ lb. ham or bacon. Set

these over the fire in a stew-pan, with a faggot of herbs, 2 onions, a parsnip cut small, and a head of celery. When the gravy is drawn, pour upon it 2 quarts of water, and 2 quarts of good skim milk. Let it boil slowly an hour and a half. Add 2 table-spoonfuls of oatmeal, beaten in a mortar, and rubbed smooth in a tea-cupful of broth. Boil half an hour, and then strain it into the tureen.

Cow-heel and calf's feet are good in the making of white soup; also rabbits, when not convenient to use fowls for the purpose. When veal is dear, lean beef may be substituted.

Lorraine, or the fashionable White Soup.

Blanch $\frac{1}{2}$ lb. of sweet and 1 oz. bitter almonds, pound them in a mortar, with a very little water, to a paste. Take all the white part of a cold roast fowl, skin and mince it very fine, with the yolks of 3 hard boiled eggs, and some fine bread crumbs; put this mixture into a pint of *plain white soup*, with a large piece of lemon peel, and a little mace and nutmeg; let the soup come to a boil, then add a quart more of the same stock boiling hot, and after it has simmered a few minutes, strain the soup and add, by degrees, a quart of cream which has been boiled.

Onion Soup.

The number of onions must depend upon taste; suppose it to be 10 or 12, chop and stew them, in a small sauce-pan, with a good sized piece of butter; let them stew gradually, and when done, put them into some good stock. Add salt, pepper and cayenne, if the stock be not already seasoned. This soup may be strained, and a pint of boiling cream added to make it more delicate.—*Another*: cut small silver onions in rings, fry them of a light colour, drain and cook them for twenty minutes in *clear gravy soup*. Serve with toasted sippets.

Onion Soup Maigre.

Fry in clarified butter, 12 large onions, 2 heads of celery, a large carrot and a turnip, all chopped. When

soft, pulp them through a sieve, and put to them 2 quarts of boiled water, already thickened with about 4 or 5 oz. of butter, worked up with potatoe flour, and seasoned with mace and white peppercorns; or you may thicken with the beat yolks of 4 eggs. Fry some bread sippets to put in the tureen.

Green Peas Soup.

An old-fashioned, but a good receipt. Boil, till quite soft, 3 pints of green peas, and work them through a hair sieve. Put into the water in which the peas were boiled, 3 large slices of ham, a small knuckle of veal, a few beet leaves shred small, a turnip, 2 carrots, and a little more water. Boil it an hour and a half. Then strain the liquor into a bowl, and mix it with the pulp. Put in a little juice of spinach, which is obtained by squeezing the spinach, after it has been boiled, through a cloth. This will give the soup a good colour. Then give it a gentle boil, to take off the taste of the spinach, slice in the whitest part of a head of celery, and add a lump of sugar the size of a walnut. Cut a slice of bread into little square pieces, also a slice of bacon in the same manner, and fry them together in fresh butter, of a light brown. Cut a large lettuce in slices, fry that, after the other, then put them altogether into the tureen. Have ready boiled, a pint of young peas, put them also into the tureen, and pour the soup over.—Onions may be added if approved.—Serve toasted bread, and also dry powdered mint.

Another.

Boil 3 pints of old peas in 3 quarts of water, till tender enough to pulp through a cullender. Cut a lettuce, 2 cucumbers, and 2 onions small, add a pint of young peas, and $\frac{1}{4}$ lb. butter. Season with pepper and salt, and boil all these together till tender, then add the peas which have been pulped. It is rather better when made over night, as it thickens by standing to be cold.—Roast beef bones may be added, to enrich this.

Green Peas Soup Maigre.

Melt $\frac{1}{2}$ lb. fresh butter in a stew-pan, then mix with it, 4 pints of boiling water, and a quart of young marrowy peas, some chopped green onion, spinach, green lettuce, salt, and 12 grains of allspice. Stew these till the peas will pulp, then strain the liquor into a pan. Pulp the peas and other vegetables back into the liquor, then put that on the fire again, adding nearly a quart more of young peas, the heart of a lettuce, and a cucumber which has been previously sliced, and sprinkled with salt. The soup is done when the vegetables are quite tender. This soup may be thickened with rice flour; and may be made richer by giving it more butter with the thickening, or at the outset. If not green enough, put in a little spinach, chopped. A little green mint chopped will improve the flavour. Fry a slice of bread, and cut it in dice, to serve with the soup.

This soup may be made, when not wanted maigre, in the liquor in which any meat, not salted, has been boiled the day previous. Some persons add a little sugar, if the peas be not very young.

Asparagus Soup.

May be made exactly as green peas soup. Keep back part of the asparagus, boil it separately, but not over tender, so that you can cut the green part into pointed pieces; put these into the strained soup, just before it is served.

A good Maigre Soup.

When you have slowly melted, in a stew-pan, $\frac{3}{4}$ lb butter, put to it 4 onions, a head of celery, 1 carrot, and 1 turnip, all sliced. Fry till they are well browned, then put to them 3 quarts of boiling water, $1\frac{1}{2}$ pint of young peas, and some black pepper. When the vegetables are thoroughly done, strain the soup, (first letting it stand to settle,) into another stew-pan, leaving all sediment behind. Put it on the fire again, add 3 rather large onions sliced,

another head of celery cut up, and some carrots and turnips in what shapes you like. Let the soup boil slowly until the vegetables are done, then serve it.

Soup Maigre of Rice and Lentils.

Make a good maigre stock of cabbages, turnips, onions, celery, carrots, parsnips and leeks; whilst this is making, prepare a cullis of lentils, by stewing $\frac{1}{2}$ pint in a very little water till sufficiently tender to pulp through a sieve. Wash $\frac{1}{4}$ lb. of rice, stew it with a piece of butter, in a little of the broth, poured off clear; when the rice is done add it to the cullis, season well, and put it into the strained broth.

Yellow Peas Soup.

They should be soaked a night before they are used, and if very old, soaked again in the morning, in luke warm water. Allow $1\frac{1}{2}$ lb. to 4 quarts of soft water, with 3 lbs. of lean sinewy beef, or fresh trimmings of meat, poultry, or roast beef bones, a small piece of pickled pork, or the shank of a bacon or mutton ham, or the root of a tongue a little salted, and first soaked and washed; also 2 large carrots, 2 turnips, and 6 rather small onions. Scum well, as soon as it boils, and then stir the peas up from the bottom, lest they stick there; add another quart of boiling water, or the liquor of any meat that has been boiled. (Pot liquor should always be saved for peas soup, if not for any thing else.) Let it simmer till the peas will pulp. Then strain through a coarse sieve. Take the onions out from the pulp, and put the latter back into the soup, with a fresh head of celery, or a large tea-spoonful of celery seed, tied in a bit of muslin, and some salt and pepper. Simmer it, if thin, three quarters of an hour, to thicken it; then put it into the tureen, let it stand covered a few minutes, and remove the fat which will have gathered on the top. Shake dried mint or parsley over the soup, and serve with dice of toasted bread. In the summer, peas soup may have asparagus cut and put into it, instead of the onions and the celery, after the peas are strained out. Thicken it the same as other soup.—This soup may be

made in a very economical way, by the means of pot liquor, fresh roast beef bones, fragments of meat, and fresh clarified dripping. The liquor in which a leg of pork has been boiled, should be saved for peas soup.—Very little pieces of boiled pork may be served in peas soup, also cucumbers cut and fried, or bacon cut and fried. A pickled herring is used by some persons to give flavour, when there is no pot liquor.—Peas soup is very good quite maigre; but the water must be soft, and the peas boiled long and slowly before they are pulped.

Carrot Soup plain.

Scrape and wash 6 large carrots, and peel off the outsides quite thick; put these into a soup-kettle, with a large head of celery, an onion cut thin, and 2 quarts of soft water and some fresh roast beef bones. After this has been boiled and scummed, set it by the fire, keep it close covered and simmer it gently for two hours. Strain it through a sieve, and pulp the vegetables, with a wooden spoon, into a clean sauce-pan, and as much broth as will make it as thick as peas soup; season with salt and pepper. Make it hot, and send it to table. Add what spices you like. Serve toasted bread, either fried or plain.—Celery and turnip soup in the same way. When celery cannot be procured, the seed pounded fine, about $\frac{1}{2}$ a drachm, put in a quarter of an hour, will give the flavour of 2 heads of celery.

Mock Turtle Soup.

This must be made the day before it is wanted. Get a good sized calf's head, with the skin on, scald and split it, take out the brains and the bones of the nose, and lay it in luke-warm water to soak. Change the water often, to draw out the blood and the slime. When the head is quite clean, put it into a stew-pan, with rather more soft cold water than is sufficient to cover it. Let it come to a boil rather quickly, and scum well. Then boil gently for rather more than half an hour. Take out the head, place it in a dish to become cold, and when it is sufficiently so, cut it up into small neat pieces; skin the tongue, and cut

that up also. Keep the meat covered, and set it by till the next day. Put all the bones and refuse parts of the head into the soup-kettle, in the liquor in which it was boiled, with a large knuckle of veal broken, and about 3lbs. shin of beef, but the latter must be soaked first. Let this boil, then take off all the seum, and let it simmer gently from four hours and a half to six hours, strain it into a pan and set it by. The following day, or when you want to make the soup, take off the cake of fat, and pour the stock into a large stew-pan, taking care to hold back the sediment; set it on the fire, let it come quickly to a boil, then throw in a little salt to facilitate the rising of whatever scum there may still be, and take this off. Then put in from 10 to 12 sliced onions, which have been browned in the frying-pan; also a few sprigs of fried sage, a few leaves of sweet basil, and the peel of a large lemon, not fried; also a little cayenne, black pepper to your taste, a very little allspice, 3 blades of mace, some cloves, 1 eschalot, and the thickening; which latter may be of flour worked up in butter, or of brown *roux* (which *see in the Index*.) Let it simmer nearly two hours, or till it taste strong, and be of a good colour: then pass it gently through a hair-sieve into another stew-pan, and put into that the cut up pieces of head, and what wine you choose, Madeira, sherry, or claret, about half a glassful of either of the two former, to a quart of soup. When the meat is tender, the soup is done, and from half to three quarters of an hour ought to be sufficient to cook it.

Have ready some forcemeat and also some egg balls to serve in the tureen, about 12 of each. *Forcemeat balls* are made of veal and fowl, suet and parsley, all minced very fine, mixed with bread crumbs, salt, pepper, cayenne, lemon peel, nutmeg, and allspice, and wetted with yolk of egg, so as to make up into balls. Fry these of a light brown, and lay them in a small sieve to drain before you put them in the tureen. *Egg balls* are made of eggs boiled hard, the yolk taken from the white and pounded well in a mortar, then a little salt added, and as much raw yolk of egg and flour as will bind these into balls, each not bigger than a marble. Put them into the soup just soon enough to let them be cooked. When you serve the soup, first squeeze the juice of a lemon into the tureen.

Some persons put ox palates, cut in slices, in mock turtle; pickled cucumbers cut very thin, are also considered by some, an improvement.—The above is not an expensive receipt for mock turtle, though perhaps quite rich enough.

Cheaper Mock Turtle

May be made of cow-heels or calf's-feet; these stewed gently, strained, and the liquor added to some plain stock, made of beef, an onion, and what herbs and other seasonings you like. Cut up the feet and put them into the soup, just before you serve it. Add lemon juice and wine, if you like.

Hare Soup.

Hare for soup must not be kept as for roasting, but be quite fresh. Cut it up (after it has been washed, but not soaked), put it in a stew-pan, with 6 middling sized onions, 2 bay leaves, a blade of mace, 2 or 3 cloves, a bunch of parsley, a little sweet basil, thyme, and celery, also a little broth, plain stock, or, if you have neither, soft water, to cover the meat, in which latter case about 2 lbs. gravy beef should be put in with the hare. When scummed, add more water till you have enough, and simmer, if the hare be young, three hours; if old, longer. Strain it, set the best pieces cut rather small apart, to serve in the tureen, and cut all the meat off the other parts to pound with some soaked crumb of bread, to give thickness to the soup. When this is put into the strained soup, season it to your taste, and add catsup and port wine; also fried forcemeat balls, if you like.

Rabbit Soup.

Cut up the rabbits, and if 2, put the pieces into water sufficient to cover them, let it boil slowly, and take off all the scum; when no more rises, add 2 quarts of good stock, which has been prepared, of shin of beef and veal, or of knuckle of veal alone, or of trimmings of veal and 2 or 3 shanks of mutton: this stock must be already flavoured

with onions or eschalots, white pepper-corns and mace: simmer very gently till the meat is quite tender, then put it by till the next day. Take off all the fat, before you re-warm it; take out the liver, rub it through a sieve, moisten with a little flour and butter, and add to the soup, also a tea-cupful of port, the same of white wine, a little walnut catsup, and lemon pickle.

Game and Venison Soup.

This may be made of any, and of every kind of game, and also of wild rabbits. Skin the birds, if large ones carve them, but small ones need only be split down the back; fry them, with some slices of ham or bacon, and a *little* sliced onion and carrot. Let the pieces drain well, lay them in a stew-pan with some good *stock*, a head of celery, a little chopped parsley, and what seasonings you like. Stew gently for an hour. If venison be at hand, fry some small steaks, and stew with the birds. Serve the meat in the soup, but take out the ham.

Another, and plainer.

In the season, and in houses where game abounds, soup may be made as follows: cut the meat off the breasts of any cold birds, and pound it in a mortar. Boil the legs and all the bones, in whatever broth you may have, for an hour. Boil 4 large turnips to a mash, and pulp them to the pounded meat, mix these well together, then strain in the broth, by degrees, and let it stand close by the fire, in the stew-pan, but do not let it boil. Season to your taste. Just before you serve it, beat the yolks of 6 eggs in a pint of cream, and pass through a sieve; then put the soup on the fire, and as it is coming to a boil, stir in the cream, and keep stirring for a few minutes, but do not let it quite boil, or it will curdle.

Stewed Knuckle of Veal and Soup.

This may be made of the breast, shoulder-blade, or scrag, but best of the knuckle. Wash, break, and place it on skewers, in the stew-pan, with a head of celery, 4

onions, 2 earrots, 1 turnip, a bunch of parsley and lemon thyme, and a few black and jamaica pepper-corns. Cover the meat with water, and let it simmer till quite tender. Strain the soup, and either cut the meat into neat pieecs, or serve whole, in the tureen. After the liquor is strained, put it on the fire again, and season it to your taste. A little rice flour is good to thicken with. Some have whole riec boiled, as for eating, and put to the soup when it is returned to the fire. Others use vermicelli. Eggs and cream beaten together and strained, would enrich this soup; when you put them in, stir all the time, and take off the soup before it quite boils.

Mullagatawnny Soup.

Put a few sliees of bacon into a stew-pan with a knuekle of veal, and no vegetables; let it simmer about an hour and three quarters; eut about $2\frac{1}{2}$ lbs. of breast of veal into rather small picces, add the bones, and gristly parts of the breast, to the knuekle which is stewing; fry the pieces of meat, and 6 sliced onions, in a stew-pan, with a pieee of good clarified dripping or butter. Strain the stoek if it be done, and put the fry to it, set it on the fire, and scum carefully; then let it simmer nearly an hour. Have ready mixed in a batter, 2 dessert-spoonfuls of curry powder, the same of lightly browned flour, and salt and cayenne as you choose; add them to the soup. Simmer the meat till quite tender.

Another.

Put 1 lb. fresh butter, 12 onions, 6 eschalots, some sweet and knotted marjoram, sweet basil, lemon thyme, a *little* suet, pepper, eloves, mace, 3 earrots, a large head of eelery, previously fried, a shin of beef, and a hock of ham, into 4 quarts of water, and let it stew slowly until the juices of the meat are extracted. Strain and put it by. When to be used thicken with vermicelli or rice. Skin and eut up a chieken, stew in good gravy, and add it to the soup, with a winc-glassful of soy, a pint of white wine, the juice of 2 lemons, and 2 table-spoonfuls of ehili

vinegar. Before you thicken the soup, put in 4 good table-spoonfuls of curry powder mixed smoothly in cold water.

Another.

Make a strong stock of a knuckle of veal, roast beef bones, a ham bone, a large faggot of sweet herbs, 2 carrots, 4 turnips, 8 onions, 2 cloves of garlic, 3 heads of celery, previously fried in butter, a few cloves, some black pepper, salt, cayenne, mace, and mushroom powder; stew them in 5 quarts of water, eight or ten hours, then strain through a fine sieve. When cold take off all the fat, and if the stock be not rich enough, add to 3 quarts, a pint of good gravy; rub 3 table-spoonfuls of curry powder, 1 of ground rice, and 1 of turmeric with some butter and flour, then moisten with a little stock, then add it by degrees to the rest, and simmer it for two hours. Then add 2 or 3 wine-glassfuls of sherry or Madeira, 1 of oyster, and 1 of walnut pickle, 1 of eschalot or chili vinegar, 2 table-spoonfuls of soy, 2 of Harvey or Reading sauce, and 1 of essence of anchovy: let this simmer a few minutes. Have ready 2 chickens parboiled, then browned in fresh butter, add them to the soup, and simmer it till they are tender; then squeeze in the juice of a lemon.—Rice accompanies this soup, also cayenne, chili vinegar, and pickles.—*Note.* Cold Arrach, or Rum Punch, is handed immediately after this soup.

Ox-Tail Soup.

Three tails will make a good sized tureen-ful of soup; it is very strengthening, is considered rather an elegant soup, and by no means an expensive one. Have the tails divided at the points, rub with suet, and soak them in luke-warm water. Lay them in a stew-pan with 5 or 6 onions, a turnip, 2 carrots, some pepper-corns, and about 3 quarts of soft water. Let it simmer two hours and a half; take out the tails, cut them in small pieces, thicken the soup with browned flour mixed with top fat, then strain it into a fresh stew-pan, put in the pieces of meat, boil up and skim it; put more pepper, if wanted, and either catsup, or port wine.

Poacher's Soup.

This excellent soup may be made of any kind of game. About 4 lbs. of any of the coarse parts of venison, beef, or the same weight in shanks, or good lean mutton, for the stock ; boil in it celery, onions, carrots, turnips, what herbs you like, and $\frac{1}{4}$ oz. of mixed black and jamaica peppers. Let it simmer three hours, then strain it. Skin and cut up a black eock, a woodeock, a pheasant, half a hare, a rabbit, a brace of partridges, or grouse, or some slices of venison ; any one, or parts of several of these, according to what quantity you may require for the soup, and what game you may have. Season the meat with such mixed spices as you like, then flour and fry it in the frying-pan, or put them, at once, into the strained stock, for the frying process is not actually necessary. Put in with the pieces of meat, about 10 small onions, 2 heads of celery cut up, and 6 peeled potatoes ; when the stock comes to a boil, add a small white eal bage, or a lettuce quartered, with black pepper, salt, and allspice if you like. Let the soup simmer till the meat be tender. If the meat be composed of small birds, the vegetables must be put into the soup and eoked awhile before the meat, for that must not be *overdone*. This may be enriched by wine, catsup, anchovies, and foremeat balls.

A Receipt from the Lady Kelynge's Family Receipt Book, dated 1683.

To 7 lb. of beef add 3 lb. of veal, eover with water, put in salt, and set it over a slow fire ; when it has boiled about an hour, skim off all the fat, put in about $\frac{1}{2}$ lb. of rice, and let it boil three hours, renewing it with boiling water from time to time ; then put in pepper, a little cinnamon, mace, cloves, and ginger, all beaten ; boil slowly two hours more, then strain it through a cullender : beat the yolks of 6 eggs, stir into them by degrees, a ladleful of the soup, put this into the rest of the soup, set it over the fire, to simmer a few minutes, but keep stirring all the time ; then put in $\frac{1}{2}$ a pint of elaret, and pour it into a tureen, upon slices of french roll toasted.

Plain Rice and Meat Soup.

Soak and clean, about 4 lbs. of ox cheek ; boil it in 3 or 4 quarts of water, with 4 or 5 onions and a bunch of sweet herbs. Strain it, cut the meat in pieces, put it back into the stock with 6 oz. of rice, some pepper, and salt. This may be seasoned with curry powder, the same as mullagatawny soup ; *or*, made with 2 cow-heels in addition to the ox cheek.

Scotch Barley Broth.

About 4 lbs. of mutton to 4 quarts of water, and $\frac{1}{4}$ lb. of Scotch barley (more or less according to taste), a large spoonful of salt, also a large cup of soaked split peas, or green peas, if it be their season ; if so, add them to the other vegetables. Scum carefully, and let the broth boil slowly, an hour. Then add 2 carrots, 2 turnips, cut small, 3 onions, or 3 leeks sliced, and a head of celery, or a bunch of parsley, and the green peas. When these are done, season to your taste. This may be made of beef, with greens boiled in it instead of turnips. The meat, if mutton, is served in a dish, with parsley and butter, and the vegetables in the soup. Remove the fat from the top before you serve the soup.

Hotchpotch, a German dish.

This may be made of either beef or mutton, or both. Cut about 6 lb. of meat, into nice shaped pieces, and put them into as much water as you require to have soup. Boil and scum well, then put in carrots and turnips sliced, parsley chopped, leeks and german greens cut up. Suit the quantity of vegetables to the quantity of meat. The soup should be thick, but not too thick. Serve meat, vegetables, and soup together.

Prussian Soup.

Fry 2 large leeks, 4 roots of celery, 2 carrots, 2 or 3 turnips, 1 onion, and 1 potatoe, with a piece of mutton or

beef dripping; put them into a sauce-pan with $\frac{1}{2}$ lb. of beef or other meat, in small picces; stew it all together, without any water, for about an hour. Add 2 quarts of boiling water, and let it stew two hours.

Hessian Soup.

To 1 lb. of beef, mutton, or veal, (but beef is best), put 4 quarts of water, 4 oz. ground rice, 2 oz. oatmeal, a faggot of herbs, 2 each, of onions, potatoes, and turnips, with salt and pepper to your taste. When the meat is half done, take it out, cut in small pieces, put it in and let it boil again four hours, over a slow fire; then serve it without straining.

Scotch Cock-a-leekie.

Make a stock of about 4 or 5 lb. of shin of beef, strain, and put to it a large fowl trussed as for boiling, and when it boils put in 6 leeks (blanched), cut in picces an inch long. In half an hour put in 6 more leeks and the seasoning; but if these leeks do not make the soup thick enough, put more. When the fowl is well done, serve it in the soup.

Potatoe Soup

May be made like peas soup, of any liquor in which meat has been boiled. A hock of ham, shank of mutton ham, or root of tongue may be used to give flavour. Season with onions, cclery, or parsley, and herbs if you like. Have more potatoes boiled to a mash to thicken with. It need not be strained.

Mutton Broth.

Put 2 lbs. of scrag of mutton into a sauce-pan, with just enough water to cover, and when that is nearly boiling, pour it off and carefully take all the scum off the meat; then put it back into the sauce-pan with 4 pints of boiling water, a table-spoonful of grits, a little salt, and an onion; set it over a slow fire, scum well, and then put in 2 or 3

turnips, and let it simmer very slowly for two hours. It should be strained through a sieve.

Veal Broth

Is best made of the knuckle, but very good made of the scrag. Allow a gallon of water to the knuckle, add an onion, a blade of mace, and some salt. It must be very carefully scummed, and then boiled gently till the meat be thoroughly done, and the liquor greatly reduced. Add vermicelli or rice.

Chicken Broth

Should simmer very gently, and its strength will be in proportion to the quantity of meat allowed, to the quantity of water. A good sized chicken will make a quart of very good broth. As this is seldom made except for invalids, neither onion, carrot, nor turnip ought to be used. A bunch of parsley may be boiled in the broth, and, when cooked enough, taken out and chopped fine. Skim the fat off the broth, and serve the parsley in it.

Milk Soup.

Boil 2 quarts of milk with a little salt, cinnamon, and sugar. Lay thin slices of toasted bread in a tureen, pour a little hot milk over them, and cover close that they may soak. Beat the yolks of 5 eggs, add them by degrees, to the milk; stir it over the fire till it thickens, then take it off instantly or it will curdle; pour it into the tureen upon the bread. You may stir into the boiling milk a $\frac{1}{4}$ lb. of sweet almonds, and a few bitter ones; but they must all be blanched. In France butter milk is cooked in this way, and poured on thin slices of apples boiled tender, and spread in a tureen.

Portable Soup.

Break the bones of a fresh shin of beef, and just cover it with water, in the soup-kettle. Do not put in any salt. Let it come very gradually to a boil, scum carefully, as long

as any seum rises, and let it boil very slowly, eight or ten hours. Strain it through a hair sieve, into a brown pan, and stand it in a cool place. (*The meat will do to Pot.*) The next day, take off all the fat from the top, and pour the liquor through a fine sieve into a stew-pan, taking care to hold back the sediment; put in a $\frac{1}{4}$ oz. of whole black pepper, let it boil briskly, uncovered, and if any seum rises, take it carefully off; when it is reduced to about a quart, and has begun to thicken, put it into a smaller sauce-pan, and keep simmering over a gentle fire till it becomes like a syrup; great care is then required, or the soup is spoiled, and all the previous labour lost. Take care that it do not burn; try a little in a saucer, if it set in a strong jelly, it is done, if not, it must simmer longer. Pour it into little pots such as are used for potted meat, and keep it in a dry place, tied over close with skins. As large or as small a quantity of this, as you choose, may be melted in boiling water for soup, or for gravy for ragouts, hashes, and various other made dishes.—Boil in water such roots, herbs, and seasonings, as you choose to flavour your soup with; give them time sufficient to extract their flavour, strain the water, let it boil again, and put in the jelly to melt. As a shin of beef costs but little, this is a very economical basis for soups and gravies. If preferred, it may be flavoured, before it is finished making, with eschalot wine, essence of herbs, or walnut catsup; also spices and celery seed; these, or whatever of the kind is used, should be added at the time the soup is put into the small sauce-pan. By boiling still longer, and pouring it to cool in a shallow dish, it may be cut in cakes; these, dried on a board, in a warm room, and turned every day, till quite hard, may be wrapped in paper, and will keep a long time, and are convenient for persons travelling. For invalids, a small cake will make a cup of excellent beef tea.

Ox-Head Soup.

Put half an ox cheek into a tub of cold water, and let it soak two hours. Take it out, break the bones not already broken, and wash it well in luke-warm water. Then put it in a pot, cover with cold water, and let it boil; scum

carefully, put in salt, one head of eelery, 1 turnip, 2 earrots, 2 large onions, 2 dozen berries of blaek pepper, the same of allspice, a good handful of parsley, some marjoram, savory, and lemon thyme; cover the soup kettle close, and set it over a slow fire. As the liquor is coming to a boil, seum will rise, take that off, and let the soup stew gently by the fire three hours. Then take out the head, pour the soup through a fine sieve into a stone ware pan, and set both by till the next day. Cut the meat into small pieees, skim all fat from the top of the liquor, and put about 2 quarts of it, and all the meat, into a elean sauee-pan, and let it simmer half an hour. Cayenne may be added to the other seasonings, and a glass of white wine, or a table-spoonful of brandy.

Another.

After it has soaked several hours, put the head into the digester or soup kettle, with 4 onions and 2 earrots eut in sliees, and let it brown; then put in about 4 quarts of water, some salt, black pepper, a large bunch of sweet basil, sweet and knotted marjoram and organy, and 8 or 10 more onions and a large head of eelery, both fried; eover elose, and let it boil gently four or five hours. The head will then be quite tender for eating, and the soup should be put by till the next day. Take off the fat, strain the soup, and put it on the fire with a little eut onion and celery previously fried to re-warm. This may be flavoured aeeording to taste. A wine-glassful of brandy to a tureenful is an improvement.

Giblet Soup.

Seald 2 sets of giblets, and pick them very elean. If not quite fresh they will not do. Cut off the noses, split the heads, and divide the gizzards and necks into mouthfuls. Craek the bones of the legs, put all into a stew-pan, and cover them with cold water. When it boils seum well, and put in about 3 sprigs each, of lemon thyme, winter savory, or marjoram, and a little bunch of parsley; also 20 berries of allspice and the same of black pepper, tied up in a muslin bag; let this *stew very gently*, till the

gizzards are tender; which will be in about an hour and a half. Lift out the giblets with a skimmer, or spoon with holes, into a tureen, and keep it covered, by the fire. Melt $1\frac{1}{2}$ oz. of fresh butter in a clean sauce-pan, stir in enough flour to make a paste, and pour in, by degrees, a ladleful of the giblet liquor, add all the rest by degrees, and let it boil ten minutes, stirring all the time, lest it should burn. Skim and strain the soup through a fine sieve into a bason. Rince the stew-pan, return the soup into it, and season with a glass of wine, a table-spoonful of mushroom catsup, and a little salt. Let it have one boil up, then put the giblets in to get hot, and the soup is ready.

Another.

Having well washed and picked 4 sets, parboil, then simmer them gently in 2 quarts of good stock, till quite tender. Put into a stew-pan a $\frac{1}{4}$ lb. of butter, a few eschalots and onions, a bunch of lemon thyme, knotted, and sweet marjoram, a very little basil, a $\frac{1}{4}$ lb. of lean ham, some parsley, and 1 pint of good stock; let this simmer gently, on a stove, an hour, then thicken with flour or white *roux*, and add this to the stock in which the giblets have been cooking: put in a pint of Madeira, let it boil a few minutes, then strain it, but put back some of the pieces of giblet. Squeeze into the tureen a small Seville orange, add a little sugar and cayenne.

Soup Maigre.

Take the white part of 8 loaved lettuces, cut them as small as dice, then wash and drain them. Pick a handful of purslain, the same of parsley, and wash and drain them also. Cut up 6 large cucumbers into pieces the size of a crown piece, peel and mince 4 large onions, and have ready 3 pints of young peas. Put $\frac{3}{4}$ lb. fresh butter into a stew-pan, and brown it of a high colour, then put in all the above vegetables, with 30 corns of whole pepper, and let it all stew for ten minutes, taking care to stir all the time, to prevent burning. Add a gallon of boiling water, and 1 or 2 french rolls each cut into 3 pieces, and toasted of

a light brown. Cover the stew-pan, and let the soup stew gradually for two hours. Put in $\frac{1}{2}$ drachm of beaten mace, 1 or 2 cloves bruised, nutmeg and salt to your taste; let it boil up, and just before you send the soup to table, squeeze the juice of 1 lemon into it; do not strain it.—Soup may be made of any, and of every sort of vegetable, in the same manner, but they must be thoroughly cooked. Cream is an improvement to these soups; and french rolls, if not stewed in the soup, may be cut in slices, toasted, and put into the tureen before the soup.

FISH SOUP.

Soup made of fish is more delicate in taste, and more elegant in appearance, than might be imagined by persons wholly unacquainted with it. Oyster and lobster soup are the most esteemed.

Stock for Fish Soup.

This may be made of either meat or fish, but of course the latter for maigre days. If meat be used, let it be beef, mutton, or veal, and make it the same as for meat soup. If fish be used for stock, it may be cod's-head, haddocks, whittings, eels, skate, and all white fish. Boil the fish for stock in 2 quarts of water, with 2 onions, some salt, a piece of lemon peel, and a bunch of sweet herbs. Scum carefully and strain it. If the soup is to be brown, you may brown the fish for stock in the frying-pan, before you boil it. Fish stock will not keep, therefore, should be made only when wanted.

Lobster Soup.

For this there should be a good stock, made of beef, ham, onions, and some fresh fish trimmings; strain it and pulp back the onions. Pound the spawn and all the body of the lobster, and stir it smoothly into the soup. Cut all the meat of the claws, in small pieces, and put it in the soup also. Season with cayenne, white pepper, and a glass of sherry.

Another.

Having boiled 2 large, or 3 middling sized hen lobsters, break off the claws and fins, and pound them in a mortar with an anchovy and 2 onions ; put them into four pints of stock of beef, or mutton, or good veal gravy, and let them simmer till you think all their flavour must be extracted, then strain the stock. Cut up the meat of the lobsters in nice pieces, and mix the coral with it. Bruise the spawn with a little flour in a mortar, wet it with a little of the strained stock, and then mix it by degrees into the rest. Take half of the cut up meat and coral, add a few oysters, an anchovy, a blade of mace, some nutmeg, lemon peel grated, and a little cayenne; pound all together, with the yolks of 2 eggs, and a very little flour, and make this into forcemeat balls for the soup. These may be fried or browned in a dutch oven, or put into the soup at once, without being either browned or fried. Put the balls and the remainder of the cut up meat into the soup, let it simmer half an hour, then serve it, first squeezing half a lemon or seville orange into the tureen. Madeira may be added.

Oyster Soup.

Veal will make the most delicate stock for this ; it should be strong and clear ; put to it a quart of the hard part of fresh juicy oysters, which have been pounded in a mortar with the yolks of 6 hard boiled eggs. Simmer for half an hour, then strain it into a fresh stew-pan, and put in another quart or more of oysters, trimmed, and washed from their shells, also some mace and cayenne, and let it simmer ten minutes. Beat the yolks of 3 eggs, take out a little soup in a cup, let it cool, mix it by degrees with the eggs, and stir into the soup, having first drawn that aside from the fire ; stir all the time after you put this in until you send it to table, or it will curdle. You may give this soup any additional flavour you like. The oysters which are put in whole may be first run on fine wire skewers, and fried.

Oyster Soup Maigre.

Into 4 pints of water put 5 or 6 onions which have been fried in butter, also some mace, salt, pepper, and what herbs you like, in a small quantity. When this has boiled, and been carefully scummed, put in 1 lb. of fresh butter, a few mushrooms, and a 100 oysters; thicken with vermicelli, and let the soup boil gently a quarter of an hour, when it will be finished.

Cray Fish Soup.

If to be maigre the stock must be made of fish alone; it must be quite fresh, and about 3lbs. will make 2 quarts; put in an onion or two, and some black and jamaica peppers. Boil the fish to a mash, and keep straining the liquor till clear. About 4 dozen cray fish will be enough, pick them, and let them stew in the soup, after it has been strained, till they are nicely done; add a little cayenne, and the spawn of a lobster pounded, and stirred in to thicken as well as flavour the soup. *Prawns, cockles* and *muscles* make good soup, in the same way.

Another.

Make a stock of 3 lb. of lean beef, and 2 lb. of veal, put the meat into a stew-pan with 3 or 4 onions, a head of celery, some salt, whole pepper, cloves, mace, and a bunch of thyme and parsley: set the stew-pan over a slow fire, and when it begins to hiss cover the meat with water, scum when necessary, and let it boil gently three hours, then strain it into a pan. When cold skim off the fat, pour the stock from the sediment, and having ready boiled in a bag $\frac{1}{2}$ a pint of split peas, pulp them through a sieve into the stock; then add the meat of 100 cray fish carefully picked. Pound the bodies and shells in a mortar, put them into a saucepan with 2 or 3 slices of lean bacon or ham, and cover with some of the stock, boil this gently half an hour, then strain it to the soup, boil it just up, and send it hot to table. If required, thicken with butter rolled in flour.

Eel Soup.

To 3 lbs. of eels, cut in pieces, allow 3 quarts of water, after this has boiled, and been scummed, add 2 rather large crusts of toasted bread, 8 blades of mace, 3 onions, a few whole pepper corns, and a faggot of herbs. Let this boil gently till half wasted, and then serve it, with dice of toasted bread. You may add $\frac{1}{4}$ pint of cream, with a dessert-spoonful of flour, rubbed smooth in it.

Forcemeat for Fish Soup or Fish Stew.

Take some of the meat of a lobster, an anchovy, the yolks of 3 hard boiled eggs, a head of celery (which has been boiled), a handful of bread crumbs, some cayenne, mace, a spoonful of mushroom catsup, $\frac{1}{4}$ lb. melted butter, and a large spoonful of oyster liquor or pickle; beat all well in a mortar, and add the yolks of 2 more eggs to bind it; make balls and fry them, or brown in a dutch oven.

CHAPTER XIV.

FISH.

To Boil.

THE kettle which is used for boiling fish, should be roomy, with a strainer to lay the fish upon. The water should, according to some cooks, be cold, and spring water, and be slow in coming to a boil: according to others, it ought to be hot at the time of putting in the fish, upon the supposition that the shorter time it is in water the better. I rather incline to this, supposing that no fish, except that which is salted, can be the better for soaking. Experience must, however, be the best instructor; and much must depend on the size of the fish. Always put a good handful of salt in the water, as it helps to draw the slime from the fish, and tends to give it firmness. Vinegar may also be added for the latter purpose, particularly for cod and turbot.—When the water boils, take off the scum, and place the fish-kettle by the side of the fire, to simmer gently; the usual allowance of time is twelve minutes to the pound, but there is no certain rule. The cook may ascertain whether a large fish be done, by running a sharp knife into the thick part, and if it divide easily from the bone, it is done. But a very little practice will teach the art of boiling fish.—When you think the fish done, lift up the strainer, and place it across the kettle to drain (for its appearance is spoiled by not being sufficiently drained), and if it have to wait, put a heated cover on it, and over that several folds of flannel; this is the best substitute for a *Bain Marie*. But fish must not stay an instant in water, after it is done. Serve on a fish drainer, which, as well as the dish, ought to be quite hot, for half cold fish speaks loudly of bad

management in the kitchen department. Fish should be nicely garnished, especially if boiled. Crisp parsley, slices of lemon and barberries, also pickled red cabbage, cut in slices, all make pretty garnishing.

Some cooks say that salt fish should not *boil* at all, but remain till tender, in hot water, just coming to a boil; it certainly should be put on in cold water, and be a long time heating through.

When stock is directed to be used in gravy, for stewing, or for sauce, it may be made of meat or fish, according to whether it be intended to be *maigre* or not. Any white fish, and the trimmings of all quite fresh fish may be used. If the gravy is to be brown, these trimmings may be browned in the frying pan first, then put according to the quantity of gravy wanted, into 1 or 2 quarts of water, with a bunch of sweet herbs, an onion, an eschalot, a little bit of mace, and lemon peel; boil, and scum well. When done strain it, and put in the fish you wish to stew; fish stock, except in very cold weather, should be made on the morning of the day when it is to be used. *Court Bouillon*, as used in France, for boiling or stewing fish, is as follows: to a gallon of water, put a handful of salt, 2 or 3 onions, the same of carrots, and eschalots, a bunch of parsley, thyme, and basil, 2 or 3 bay leaves, 12 peppercorns, and 6 cloves, also a good sized piece of butter. Let this stew well, then strain it. This, if for gravy, may be enriched as occasion requires. It will keep very well, and is an excellent basis for stock.

To Fry.

This is more difficult than to fry meat, and requires exceeding care and attention. It is, in some houses, considered essential to the good appearance, as well as taste of fish, that lard be used in frying; but this is a mistake, for clarified dripping is just as good. Oil is used in countries where the Olive tree grows. To fry well, fish must be quite fresh. Wash, and lay it in the folds of a clean cloth, to dry. Then flour it lightly, if to be covered with bread crumbs, for if the fish be not quite dry, the bread crumbs will not adhere to it. The crumbs

should be of very stale bread ; or if you wish the fish to be very delicate in appearance, use biscuit powder. Having floured the fish, brush over with the beaten yolk and white of egg, then strew over the crumbs, or powder, so as to cover every part of the fish. The frying-pan should be of an oval shape, and the same one should not be used for meat. The fire must be hot, but not fierce. If not sufficiently hot, the fish will be soddened, but if too hot, it will soon catch and burn. There should be fat enough to cover the fish ; let it boil, (for frying is, in fact, *boiling in fat*,) skim it with an egg slice, as it becomes hot, and then dip the tail of the fish in to ascertain the heat, if it become crisp at once the pan is ready, then lay in the fish. When it is done, lay it before the fire to dry, either on white brown paper, or a soft cloth ; turn it two or three times, and if the frying fat has not been sufficiently hot, this will, in some measure, remedy the defect.—Fat in which veal or lamb have been fried may be used for fish, when it has settled long enough to be poured from the sediment.

Turbot to Boil.

Soak it in salt and water ; when quite clean, score the skin of the back, or the belly will crack when the fish begins to swell. Do not take off the fins, as they are a delicacy. Place it on a fish-strainer, in a roomy turbot-kettle, the back downwards. You may rub it over with lemon juice, to keep it white ; or, as some French cooks do, boil it in milk and water. Cover the fish with cold water, and throw in a handful of salt. Do not let it come fast to a boil, but when it does boil, be sure to scum carefully. When you have done this, draw the kettle aside, and let it simmer thirty or thirty-five minutes (supposing it to weigh from 10 to 12 lbs.) ; but the simmering must be gentle, or the appearance of the fish will be spoiled by the skin being cracked. When done garnish with slices of lemon, scraped horse-radish, parsley, or barberries. Smelts or sprats may be fried and placed round a turbot, but a mixture of barberry and parsley is a more elegant garnish. Lobster sauce is usually served

with turbot, but shrimp or anchovy sauce will answer the purpose. (*See to dress cold Turbot.*)

Brill.

The same as Turbot.—*Or*: parboiled, covered with egg, and crumbs of bread, and browned before the fire, or in the frying pan.

John Dory.

The same as Brill and Turbot.

Sole to Boil.

Wash clean, cover it with cold water, and let it come gently to a boil. Throw in a handful of salt, take off the scum, and set the fish-kettle aside; let it simmer very gently for five minutes, and it is done, unless the sole be very large, and then eight or ten minutes may not be too long. Oyster sauce.—Read instructions for frying.—Sole, Trout, Whiting, Plaice, and Eels are usually fried.

Cod to Boil.

Wash, clean, and rub the inside of the fish with salt. Let it be wholly covered with water, in the kettle. A small fish will be done in fifteen minutes after the water boils; a large one will take half an hour; but the tail being so much thinner than the thick part of the fish, it will be done too much if boiled all at once; therefore, the best way is, to cut that part in slices to fry, and to garnish the head and shoulders, or to serve in a separate dish. Lay the roe on one side, the liver on the other side of the fish. Serve oyster or shrimp sauce, or plain melted butter; also scalloped oysters.—Garnish with lemon, and horse-radish.

Cod to Boil Crimp.

The fish must be very fresh to be crimp. Boil in hot salt and water from ten to fifteen minutes, or less if in

slices. Serve instantly (it will spoil by waiting), with oyster sauce.

Salt Cod and Ling

Must be soaked, according to the time it has been salted. If hard and dry, two nights' soaking will be required, changing the water two or three times. The best *Dogger Bank* split fish requires less. Let there be plenty of water in the fish-kettle, and the fish a long time in becoming heated through. Then let it simmer *very gently*, or it will be tough. Garnish with hard boiled eggs, cut in quarters. Serve egg sauce, parsnips, carrots, or beet-root.

Cod to Fry.

Cut in thick slices; flour or egg, and cover with bread crumbs or biscuit powder. Fry in plenty of hot dripping or lard. Slices of cod may be stewed in gravy, like eels.

Cod's Head and Shoulders.

Wash it clean, then quickly dash some boiling water over it, which will cause the slime to ooze out; this should be carefully removed with a knife, but take care not to break the skin; wipe the head clean, and lay it on a strainer, in a turbot-kettle of boiling water; put in salt and a tea-cupful of vinegar. Take care that it is quite covered. Let it simmer from thirty to forty minutes. It should drain before it is dished, and the dish be rather a deep one. Glaze it with beaten yolk of egg, then strew over fine grated bread crumbs, lemon peel, pepper, and salt, stick into it some bits of butter, and set it before the fire; as it browns baste with butter, constantly strewing more bread crumbs and chopped parsley over.—A rich sauce for this is made as follows: have a quart of strong beef or veal stock; or, if to be maigre, a rich well seasoned fish stock; thicken with flour rubbed in butter, and strain it; add 50 oysters, picked and bearded, the hard meat of a boiled lobster cut up,

and the soft part pounded, 2 glasses of white wine (sherry), and the juice of one lemon. Boil it altogether, for five minutes, skim, and pour part into the dish where the fish is; the rest serve in a sauce tureen. This dish may be garnished with fried smelts, flounders, or oysters. When the French cook cod's-head in this way, it has the addition of being stuffed with either meat or fish forcemeat, with some balls of the same fried, as a garnish.—*Cold cod* may be dressed as cold turbot. *Slices* of cod may be boiled, as well as fried; but they should be as short a time as possible in the water; it should therefore boil soon after the slices are put in. About ten minutes will do them. Shrimp or anchovy sauce may be poured over them. If you wish it to be rather rich, make a sauce of veal stock, a boned anchovy, and pickled oysters, all chopped fine, pepper, salt, a glass of red wine, and a thickening of butter and flour. Boil up, skim, and pour over the slices of cod.

Cod Sounds

Must be scalded and cleaned. Rub with salt. Take off the outer coat, and parboil, then flour and broil them. Pour over a thickened gravy, in which there should be a tea-spoonful of made mustard, cayenne, and what other seasoning you like. *Or*: fried, and served with the same kind of sauce.—*Or*: dressed in ragout: parboiled, cut in pieces, and stewed in good gravy.

Cabeached Cod.

Boil as much good vinegar as will be sufficient to cover the pieces of fish, and in it a little mace, a few peppercorns, a few cloves and a little salt; when this is cold put in a tea-cupful of sweet oil. Cut the tail part of a cod fish in slices, rub pepper and salt on each, fry them in oil, then lay them on a plate to cool, and when cold put them into a pan or jar, and pour the pickle over. Some lay thin slices of onion between the slices of fish. Salmon is good in this way. Serve salad with this.

Salmon to boil.

Should be well cleaned and scaled, but the less washing the better, and cut open as little as possible. Cover with water, scum well, and do not forget the salt. If it weigh less than 7 or 8 lbs., less than twelve minutes to the pound will do. Simmer gently always. Let the fish-drainer be hot, lay a folded napkin over it, and the fish on that, the moment before you send it to table. Garnish with curled parsley, horse-radish, or slices of lemon. Serve in one tureen, shrimp, anchovy or lobster sauce; in another, plain butter.

Salmon to grill.

Split the salmon, and endeavour not to mangle it in taking out the bone. Cut the fish into fillets of about four inches in breadth. Dry, but do not beat or press these, in the folds of a linen cloth, or dust them with flour to make them more dry. Have a clear fire, as for beef steaks, rub the gridiron well with chalk, lay on it the slices, and turn them occasionally. Serve very hot, with anchovy, or shrimp sauce. French cooks steep these slices in oil, then cover them with seasonings, and shred fine herbs, and broil them, basting the while with oil. Caper sauce is good with this. Salmon may be thus prepared and then fried.—Some put the slices in paper to broil.

Salmon or Trout to bake.

Mix a seasoning of salt, pepper, and allspice, and rub a little in whatever fish you have to bake. If it be a small salmon, turn the tail round to the mouth, and run a skewer through the fish to keep it in that form. Place it on a stand, in a deep dish, cover with bits of butter, and strew the remainder of the seasoning over. Put it in the oven, and baste occasionally with the liquor which runs from it. Garnish and serve the same sauce as for boiled salmon. *Slices* of salmon may be baked in this way.—*Or*: it may be made richer as follows: boil in a quart of vinegar, a good sized piece of butter, 2

or 3 onions, the same of eschalot and carrots, a bunch of parsley, a sprig of thyme, a bay leaf, some basil, cloves, and allspice. Having cleaned and scaled the fish, fill it with fish forcemeat, sew it up, turn the tail into the mouth and skewer it. Place it on a stand in a baking dish, and pour the liquor over. Baste with this from time to time. When the fish is done, pour off the liquor, and boil it up with an anchovy, some cayenne, a little lemon juice, and a little thickening of butter rolled in flour. Place the fish in a rather deep dish, and strain the liquor round it. A salmon peel is best suited to this mode of cooking, being less rich than large salmon.

Salmon to Pickle.

Cut the fish in pieces, but not very small, and boil them in a very little water and some salt, scumming carefully all the time. When done, lift the fish out into a pan, and boil the liquor up with vinegar and spices to your taste, of which black pepper, mace, and ginger must form a part. Pour it cold over the fish.—*Or*: into the best vinegar, put 1 pint of white wine (supposing there to be 2 quarts of liquor or water to 1 of vinegar), add mace, ginger, horse-radish, cloves, allspice, a bay leaf, a sprig of lemon thyme, salt, and pepper. Pour it cold over the fish.

Salmon to Dry.

Cut the fish down, take out the roc, and rub the whole with common salt; let it hang for twenty-four hours to drain. Pound 3 oz. salt petre, 2 oz. bay salt, and 2 oz. coarse sugar; rub these into the salmon, and lay it on a large dish for two days; then rub with common salt, and in twenty-four hours more it will be fit to dry. It must drain from this salt, be wiped dry, and stretched open and fastened with pieces of stick, in order that it may dry equally; hang it in a chimney corner where wood or peat is burnt, and it will be sufficiently smoked in five days. Cut slices and broil for breakfast. If too much smoked, or too dry, soak the slices in luke warm water, before you broil them. To make this more relishing the slices of fish

may be steeped in oil, then dipped in a seasoning of herbs and spices, and broiled.

Salmon to Pot.

Do not wash, but clean with a cloth, and scale the fish, rub it with salt, and let it lie two or three hours; then drain the moisture from it, and cut it into peices. Sprinkle over them a seasoning of mace, black and jamaica pepper, all pounded, and lay them in a dish; cover them with melted butter, and set the dish into the oven. When done drain the fat from the fish, and lay the pieces into little pots; when cold cover with clarified butter.

Sturgeon

Is generally roasted or baked, if the former, tie a piece of 3 or 4 lb. on a lark spit, and fasten that to a large spit, baste with butter, and serve with a rich meat or maigre gravy, seasoned and flavoured with wine, and flavouring vinegar.

Serve besides, or instead of the gravy, oyster, lobster, or anchovy sauce. *Slices* of sturgeon may be egged, rolled in bread crumbs, seasonings, and herbs, then broiled in buttered papers.

Skate.

This is not considered a dainty fish, though some like it. Neither is it more wholesome than salmon. It should be broad, thick, and of a blueish cream colour. Most persons like it to be crimp, therefore it must be fresh. It will keep, in cold weather, two or three days, but then it will eat tender. Shrimp, lobster, or caper sauce, parsley and butter, or onion sauce.—*Or*: put into a stew-pan $\frac{1}{2}$ pint of water, $\frac{1}{2}$ pint of vinegar, all the trimmings of the skate, 2 onions, a clove of garlick, some parsley, and a little basil. Let this boil till the trimmings are cooked to a mash, then strain and put the skate into the liquor: it should just come to a boil, and then stand by the side of the fire ten minutes, or less, if you think it cooked enough. Garnish with the liver. Serve caper sauce.

Skate to Fry.

It must first be parboiled, then cut in thin slices, and dipped in bread and egg crumbs. Then either fried or broiled. In both ways skate is good cold, with mustard, pepper, oil and vinegar.

Thornback.

Dress the same as Skate.

Haddocks to Stew.

If you have 6 or 8, take the heads, tails, and the trimmings of all, and one whole fish, boil these in a quart of water or broth, with an onion, some sweet herbs, and a little cayenne; boil well, and thicken with browned flour; add spices, and mushroom catsup, or essence of anchovy; strain this, boil again, and skim well; then lay in the rest of your haddocks, cut into pieces. If there require more sauce, add as much as may be necessary, of any broth or gravy you may have; some oysters, or a little oyster-pickle would be an improvement. When done, take the fish out with a slice, lay it in a dish, and pour the sauce, which ought to be thick, round the slices. This fish may be stuffed with meat, or fish forcemeat, and dressed whole in the above gravy. Also, it may be stuffed and baked, after being egged, and covered with bread crumbs and herbs; whilst in the oven, baste with butter. For this last dish, a good well seasoned sauce should be made, of veal or fish stock, a glass of white wine, some white pepper, some oyster-pickle, and the juice of a lemon; boil, skim, and pour this over the fish.

Haddocks to Bake quite plain.

Boil and mash some potatoes. Season 3 or 4 haddocks, and put a good sized piece of butter in each; lay these in the middle of the dish, and put a thick border of the potatoes round them. Brush over the whole with an egg, stick bits of butter over the fish, and bake for half an hour;

when it has been in the oven a short time, pour a little melted butter and catsup in the dish.

Haddocks, Soles, Flounders, Plaice, Trout, Whitings, and Herrings to Fry.

Haddocks and soles must be skinned. Plaice cleaned and wiped, but not washed, and must lie three or four hours, after being rubbed with salt. When the fish is cleaned and wiped dry, dust well with flour, and lay it gently into the boiling fat; having first egged and dipped it into bread crumbs. The fat may be either lard, butter, dripping or oil. Turn it carefully, lift it out when done, and lay it on a sheet of paper in a sieve, whilst you fry the rest; or you may lay it before the fire, if it require drying. Garnish with curled parsley, and slices of lemon. Serve very hot. Shrimp or anchovy sauce, and plain butter. Whitings and haddocks should have the tail skewered into the mouth. The latter is good split, boned, salted, and hung two days in a chimney corner, and then broiled.

Mackerel and Herrings to Boil.

These fish do not keep well, therefore the fresher they are eaten the better. They require a great deal of cleaning. Choose soft roes to boil. A small mackerel will be done in a quarter of an hour. When the eye starts it is done, and should not stand in the water. Serve with fennel boiled and chopped, in melted butter, and lumps of chopped fennel round the dish.—Both these may be broiled, whole or split, and sprinkled during the cooking with chopped herbs and seasoning.

Mackerel and Herrings to Bake.

Choose the finest herrings or mackerel in season, cut off the heads and take out the roes. Pound together some mace, nutmeg, jamaica pepper, and a few cloves, with as much salt as you please; put a little of this mixture into each fish, then put a layer of them into a pan, and a layer of the mixture upon them, then another layer of fish, and

so on. Fill the vessel with vinegar, and tie over close with brown paper. Bake them six or eight hours. To be eaten cold.

Mackerel and Herrings to Pickle.

The same as directed for salmon.—*Or*: as follows; get them as fresh as possible. Take off the heads, split the fish open, and lay them in salt and water for an hour, during which, prepare the following pickle: for $1\frac{1}{2}$ dozen mackerel, take 1lb. common and 1lb. bay salt, 1 oz. salt-petre, 1 oz. lump sugar broken, and mix all well together. Then, having provided a jar or cask, take the fish out of the salt and water, drain and wipe them. Sprinkle a little salt over them, put a layer of fish into the jar (the skin side downwards), then a layer of the mixture, and so on, till the cask or jar is full. Press it all down, and cover close. In three months the fish will be ready.

Red Herrings and Sardinias to Broil.

Open and trim them; skin them or not, as you like. If hard, soak in luke-warm water. Broil them either over or before the fire, and rub butter over as they broil.

Herrings to Pot.

Choose 12 fine ones in high season. Wash in 2 or 3 waters, and dry, each time, in fresh cloths. Then rub into the herrings a mixture finely powdered, of 1 oz. jamaica pepper, and the same of common salt and salt petre; lay them on a slanting board to drain, for twelve hours. Then wipe dry and clean, and season them afresh with a mixture of 1 oz. common salt, $\frac{1}{4}$ oz. pepper, 2 nutmegs, 12 blades of mace, and 45 cloves. As you rub each herring lay it in an earthen pan, and on the top of the whole lay 1lb. of butter, in slices. Cover with white paper, and then several folds of brown paper tied closely over. Put the pan in a moderately hot oven, and bake the fish three hours. Then uncover and let it cool, pour off the gravy (which is good to flavour soups and gravies), and lay the fish round a potting-pan, the backs upwards.

Press the fish close together that the butter when poured over (which it should not be till the following day), may not be absorbed by them. The herrings may be sent to table hot out of the oven, with some of the gravy poured over them.—*Char* is potted in the same way, but requires a great deal more butter, more mace, and longer baking.

Carp and Perch to Stew.

If very large, divide the fish. Rub the inside with salt and mixed spices, stick in them a few cloves, and a blade or two of mace, broken in pieces, lay them in a stew-pan, and cover with good fish, or meat stock. Put in 2 or 3 onions, chopped small, an anchovy chopped, some cayenne, 3 glasses of claret, or 2 of port or rhenish wine. When the fish is done, take it up and keep it hot, while you thicken the gravy with butter kneaded in browned flour; add a little mushroom catsup, some oyster-pickle, a little chili vinegar, or the juice of a lemon; simmer the sauce, skim and pour it over the fish. The roe may be kept back and fried to garnish the fish, with sippets of bread fried. Horse-radish and slices of lemon may also be used as garnish. Where meat gravy is not used, more wine is required.—*Cod's skull, Souls, Eels, Flounders, Trout and Tench* may be dressed in the same way.

Another.

Parboil the fish, then merely brown, in the frying pan, and stew it in good gravy which has been prepared for the purpose, seasoned with sweet marjoram, lemon thyme, basil, onions, pepper, salt, and spices: when nearly done, thicken the sauce, and flavour it, with a small portion each, of Harvey and Reading sauces, soy, anchovy sauce, oyster pickle, catsup, and an equal portion of port and white wine. The carp's blood should not be omitted.

Carp and Pike to Boil or Bake.

If to be maigre, make a forcemeat, as follows; the yolks of 3 eggs, some oysters bearded and chopped, 3 anchovies

chopped, an onion and some parsley chopped, mace, black pepper, allspice and salt, all pounded; mix this up well with biscuit powder, or crumbs of bread, and the fish being well cleaned and scaled, fill it with stuffing, and sew it up. If to bake lay it in a deep dish, stick butter over, and baste plentifully with butter, whilst it bakes, in a moderate oven. Serve with anchovy sauce.

Or: you may take the fish out, and keep it hot, whilst you make a rich sauce thus: thicken the gravy in the dish, and boil it up with parsley and sweet herbs; then strain it, add a little made mustard, a glass or two of red wine, and one of chili or any other flavouring vinegar, also pounded mace, salt, and cayenne. Pour this over the fish, or serve in a tureen.

Eels to Stew.

Skin and cut them in pieces. They may be egged and rolled in bread crumbs, or merely floured, as you choose. It must be also left to the taste of the cook, whether or not they be browned first in the frying-pan. If to be maigre, stew them in fish stock; if otherwise, in good clear beef gravy, in which seasoning herbs and roots have been boiled. Let the fish stew gently until done, then take them out, keep them hot, and thicken the gravy with browned flour, or what you like; add a glass of white wine, and one of mushroom catsup, also a spoonful of made mustard; boil it up, strain and pour it over the fish. Garnish with scraped horse-radish, and barberries. *Whiting*, also *slices of Turbot* may be dressed in the same way.

Lampreys to Stew.

After cleaning the fish carefully, remove the cartilage which runs down the back, and season well with cloves, mace, nutmegs, allspice, a tea-spoonful of mushroom powder, a little black pepper and cayenne; put it into a stew-pan with good gravy enough to cover it, and sherry or Madeira as you choose; keep the pan covered till the fish is tender, then take it out, and keep it hot while you boil up the liquor with essence of anchovy, lemon pickle,

Gloucester sauce, and some thickening ; add the juice of a lemon, a spoonful of made mustard, 1 of soy, and 1 of chili vinegar. The spawn must be fried and put round the fish.

Eels to Fry.

They must be cut in pieces, unless very small, when the tail may be turned round to the mouth, and the fish fried whole. Rub with a mixture of spices, brush with egg, and cover them with bread crumbs. Fry of a light brown, and lay them on a sieve to drain.—Small eels are sometimes boiled ; serve with dried sage and parsley strewed over.

Eels to Collar.

Choose a large Eel. Slit open the belly, and carefully take out the bone. Rub it well all over, with a mixture of spices, pepper, salt, parsley, sage, thyme, and lemon peel. Roll the fish up quite tight, and bind it with tape ; then boil it gently, in salt, a little vinegar, and water enough to cover, till tender. It will keep in the pickle it was boiled in.

Eels to Spitchcock.

They are not skinned, but must be well cleaned, and rubbed with salt. Take out the bone, wash and roll them in a cloth to dry. Either cut in pieces, or roll them round and cook them whole. Make a thick batter of eggs, chopped parsley, sage, eschalot, lemon peel, pepper and salt ; dip the fish in this, then roll them in bread crumbs or biscuit powder, dip again in batter, and again in the crumbs. Broil them over a clear fire. Garnish with curled parsley or slices of lemon, and serve anchovy sauce, or butter flavoured with cucumber vinegar.

Sprats and Smelts to Bake, Boil, or Fry.

Rub the gridiron with chalk or mutton suet, and set it

over a clear fire. Run a long thin skewer through the heads of the sprats, and lay them on the gridiron. They should be eaten quite hot.—To *bake*, lay them in a deep dish, strew bits of butter, pepper, salt and spices over, cover with vinegar, and set them in the oven.—To *fry*, dip them in batter, then in a mixture of seasoning, chopped herbs, and biscuit powder, and fry them.

Red Mullet.

The inside is not taken out. Wash the outside of the fish, fold it in oil paper, lay in a rather shallow dish, and bake it gently. Make a sauce of the liquor, a piece of butter rolled in flour, a little anchovy essence, and a glass of sherry. Boil this up, and serve in a turcen. The fish is sent to table in the paper.

Water Souchy.

Make a little good fish stock, and cut up the fish, which may be of any sort you please. *Eels, whittings, soles, flounders, and mackerel* are generally used. Stew the fish in the clear stock, until done; eight minutes will be enough; add a little cayenne, catsup, an anchovy, and any other flavouring ingredient; let it boil up, skim, and serve altogether in a tureen.

Cray Fish to Boil.

Boil in the shell; five minutes is enough. Some cooks put a bunch of herbs in the water. Serve on a napkin.

Lobsters and Crabs to Boil.

Have plenty of water, make it quite salt, brush the lobster or crab, and put it in. From forty to fifty minutes boiling, will be sufficient for the middling size, more if very large, less if very small. They will throw up a great deal of scum, which must be taken off. Wipe the lobster with a damp cloth, rub over with a piece of butter, then wipe it with a dry cloth. Take off the large claws of the lobster, and carefully crack them; split down

the tail, and place the whole neatly in a dish. A very nice sauce may be served in a turcen, as follows: boil hard 2 or 3 eggs, pound the yolk in a mortar, with a little vinegar, and the spawn of the lobster, make it quite smooth, and add a large spoonful, or two will not be too much, of salad oil, 3 spoonfuls of good vinegar, a tea-spoonful of made mustard, and a little cayenne and salt.

Lobster or Crab, to Eat Hot.

Cut the meat in pieces, or mince it fine; season with spices, nutmeg, cayenne and salt, and warm it in a little good gravy, thickened; or if maigre, fish stock, or just enough water to moisten the meat, and a good sized piece of butter rolled in flour, a little rich cream, and some cat-sup. Serve on toasted sippets; or have the shell of a lobster or crab cleaned, and serve the meat in it.—*Another way* is, not to warm the mince *over* the fire, but to put it into the shell, and set that before the fire in a dutch oven, strew some fine bread crumbs, or biscuit powder over all, and stick some bits of butter over that; brown with a salamander, and serve quite hot. Prawns may be cooked in the same way.—Lobster is sometimes fricasseed, in rich veal gravy; or with cream, and yolk of egg. Garnish with pickled cucumber, or other pickle.—Lobster may also be cooked as follows: chop the meat of a large one, and mix with it a very little lemon peel, pepper, salt, nutmeg, a little butter, cream, and a few crumbs of stale bread; roll this well, and divide it into small quantities; put each one into light puff paste, the size of sausages, rub them over with yolk of egg, and then with bread crumbs; fry of a yellow brown, and serve with crisped parsley.—*Or*: having washed and cleaned it well, put some spinach into a sauce-pan, with the meat of a lobster, or a pint of picked shrimps cut small, an onion, a clove of garlick minced, salt and cayenne; when nearly done, add 2 onions sliced and fried; cover close a few minutes; garnish with slices of lemon.

Lobsters and Crabs to Pot.

The fish having been parboiled, cut the meat into small

pieees, put a layer into a potting ean, or any deep tin dish, sprinkle salt, pepper, cayenne and pounded mace over, then a layer of the spawn and coral, then a layer of the meat, and so on, till it is all in, press it down, pour melted butter over, and let it stand half an hour in a slow oven. Let it then get cold, take off the butter, take out the meat and pack it into small pots; clarify the butter, and pour over. If there be any of this butter left, it may turn to account in sauees, as it will be highly flavoured. If you put lobster or crab for sandwiehes, the meat must be pounded in a mortar before it is baked, in order that it may be more easy to spread.

Prawns, Shrimps, and Cray Fish to Pot.

Boil them in salt and water, then pick them and dust lightly over each one, a mixture of beaten mace, grated nutmeg, pounded allspice, pepper, and salt; pound it well together in a mortar, with a piece of butter, till it becomes a paste. Put it into pots, pour clarified butter over, tie down close, and keep it in a dry place.

Prawns and Shrimps to Butter.

They must be taken out of their shells, and warmed in a little good gravy, with a bit of butter rolled in flour, a little nutmeg, salt and pepper. Let this simmer a minute or two, stir all the time, and serve with toasted sippets.

Prawns or Cray Fish in Jelly.

Make a good calf's-foot or cow-heel jelly, and boil in it some trimmings of cod, turbot and skate, a little horse-radish, lemon peel, an onion, a piece of pounded mace, grated nutmeg and some grated tongue, hung beef, or ham. When the jelly is well boiled, strain, and let it get cold. Take off the fat, pour the jelly from the sediment, and boil it up with 2 or 3 glasses of white wine, and the whites of 4 eggs whisked to a froth. Do not stir this as it boils. When done, let it stand a quarter of an hour to settle; and then pass it through a jelly bag; pour some of

it into a mould, or deep dish, and let it become firm; then stick in the fish, neatly picked, in any form you like, and fill up the dish with jelly. When quite cold, turn it out. A troublesome, but very ornamental dish.

Fish Cake.

Pick the fish clean from the bones, and add 1 lb. of mashed potatoes to 2 lbs. fish, a little white pepper, mace, cayenne, and lemon peel; flavour either with essence of anchovy, essence of lobster, essence of shrimp, or essence of oyster, according to your taste and the sort of fish; add Harvey's sauce, or Camp or Gloucester sauce, also lemon pickle and eschalot vinegar, to your taste: mix the whole well together, with a little melted butter and an egg beaten up, make it into oval cakes two inches thick, brush them over with yolk of egg, dip in bread crumbs, and fry of a light brown. Use no salt with the above sauces.—*Another*: pick from the bones, and take off the skin of any cold boiled fish. Add a third of its weight in bread crumbs, a little butter beaten with a spoon, a small onion, parboiled and minced fine, pepper, salt, and the whites of 2 eggs to bind; mix well together, make it in the form of a thick cake, and fry on both sides of a light brown: stew it in some good gravy, made from either meat or fish stock, and which has been flavoured with onion, pepper and salt. Thicken the sauce, and flavour with mushroom catsup.

Fish to Pull.

When cold, pick the fish clean from the bones, and to 1 lb. add 2 table-spoonfuls of anchovy, 2 of lemon pickle, 1 of Harvey's sauce, 1 of Camp sauce, 1 of chili vinegar, a little cayenne, white pepper, and mace; when nearly hot, add a piece of butter rolled in flour to thicken it, then make it quite hot, put it into a dish, grate bread crumbs over, and baste these with melted butter, to moisten them, then brown with a salamander, or in a dutch oven, or on a tin before the fire, with a scotch bonnet behind it.—*Another*: pick from the bones, in flakes, any cold boiled fish, either salmon, cod, turbot, sole, skate or pike; and to 1 lb. fish, add $\frac{1}{2}$ pint of cream, or $\frac{1}{4}$ lb. butter, a table-

spoonful of mustard, the same of essence of anchovy, of mushroom catsup, any flavouring sauce you like, and some salt and pepper; heat it in a sauce-pan, put it into a hot dish, strew crumbs of bread over, moisten the top with thin melted butter, and brown in a dutch oven.

Oysters to Stew.

Choose plump natives, beard and stew 2 dozen in their own liquor, till it is just coming to a boil; then take them out and lay them in a dish, whilst you strain the liquor into a sauce-pan; add a little piece of butter rubbed in flour, a blade of mace, a few peppercorns, a piece of lemon peel, 3 table-spoonfuls of sweet cream, and a little cayenne. Lay the oysters in, cover the sauce-pan, and let them simmer five minutes, very gently. Have ready some toasted sippets in a deep dish, take out the oysters when done, with a silver spoon, lay them in the dish, and pour the gravy over.—The French strew grated parmesan over the oysters, before the sauce.

Oysters to Grill.

Toss them in a stew-pan in a little of their own liquor, a piece of butter, and a little chopped parsley, but do not let them boil. Clean well their own shells, lay an oyster in each, and some little bits of butter. Place the shells on a gridiron, and in two minutes they will be done.

Oysters to Brown.

Open very carefully, lift them out of their liquor, and dip each one in yolk of egg which has been beaten up with flour, pepper and salt, then brown them in the frying-pan, with a piece of butter; take them out, pour the liquor of the oysters into the pan, thicken with a piece of butter rolled in flour, add a little catsup, minced lemon peel, and parsley, let it boil up, then put in the oysters, and stir them in it a few minutes. Serve on toasted sippets.

Oysters to Fry.

Choose the largest, simmer, in their own liquor, for about two minutes, and lay them on a cloth to drain. Flour them and cut off the beards; dip them in beaten yolk of egg, then in bread crumbs; lay them gently into boiling fat, and fry of a delicate brown. A nice garnish for many made dishes.

Oysters or Cockles to Scallop.

Stew the oysters in their own gravy. Have ready some bread crumbs, put a layer into the shells, moisten with the oyster liquor, and put some little bits of butter, then a layer of oysters, then of crumbs, till the shell is full; let bread crumbs be at the top, and lay on some little bits of butter. Brown before the fire in a dutch oven. Fragments of any cold fish may be re-cooked in this way, and with great advantage, for supper or luncheon.

Oysters in Dean Swift's way.

Wash the shells clean, and put the oysters, unopened, into an earthen pot, with their hollow sides downwards; set the pot, covered, in a kettle of water, and make that boil. Do not let the water get into the shells; three or four minutes will cook the oysters.

Oysters to Keep.

Put them into the water, and wash them with a birch broom till quite clean. Lay them, bottom downwards, into a tub and cover them with strong salt and water, in the proportion of a large handful of salt to a pail of water. —Some persons put the oysters into a pan, and sprinkle with flour or oatmeal; this fattens them, but does not always improve the flavour.

CHAPTER XV.

MADE DISHES.

WHAT has generally been understood by a "made dish" in England, is something too rich, and too highly seasoned, to be available for a family dinner. This is an error, for much that would not appear to advantage, or be palatable, in a plain boil or roast, may be made so, by stewing, and suitable seasonings. The proper application of the latter must, of course, depend upon the discretion of the cook, whose endeavour ought to be to use as little as possible, of herbs, spices and seasonings; to study, to a scruple's weight, how much is actually necessary to give the flavour required, and *no more*: this, and plenty of time allowed for cooking, is the secret by which the French have attained their perfection in this branch of culinary science. It is a super-abundance of flavouring ingredients which causes made dishes to be both unwholesome and expensive. (*See Index for sauces for made dishes.*)

Cold meat is not generally liked, except at the breakfast table, and is far less nourishing than when warm. Besides which, a very little piece, or odd and end parts, of cold meat, poultry, game, or fish, which would make a poor appearance, and contribute but little towards making up a dinner, may, by the help of gravy, seasoning, and care in the re-cooking, be converted into hash, ragout, fricassee, &c., as it may suit the taste or convenience of the housekeeper. Some experience is required in this branch of cookery, but not more than is necessary to broil a mutton chop, or to boil a potatoe; and as scrupulous and constant attention is required, a servant of all work, who is often called away from the kitchen whilst the dinner is cooking, must not be expected to excel in ragouts.

It has been directed, in making soup, that it must not boil fast. Made dishes should never boil at all; gentle simmering is all that is necessary, and the lid of the stew-pan must not be removed, after the necessary scumming is over. Time should be allowed for gradual cooking, and, that over, the stew-pan ought to stand by the fire a few minutes, that the fat may rise to the top, and be taken off before the dish is served. Indeed, ragouts are the better for being made the day before they are wanted, because then the fat can be more completely taken off. Shake the stew-pan, if there be danger of burning, but by removing the lid the savoury steams escape, and also much of the succulent qualities of the meat.

Great delicacy is required in re-warming made dishes; they should merely be heated through; and the safest mode is to place the stew-pan in a vessel of boiling water.

All made dishes require gravy, more or less good, and, in a family, this, by a little previous forethought, may always be at hand; for the liquor in which meat has been boiled may be saved, and a very little seasoning and flavouring will make it palatable, and if properly thickened, it will be gravy for a ragout or fricassee of fresh meat. (*See the chapter on soup, and also that on gravy.*)

The following is a good store gravy for made dishes: Boil a ham, or part of one, in just enough water to cover it, with 4 onions, a clove of garlic, 6 eschalots, a bay leaf, a bunch of sweet herbs, 6 cloves, and a few peppercorns. Keep the pot covered close, and let it simmer three hours. The liquor is then strained, and kept till poultry or meat of any kind is boiled, then the two put together and boiled down fast till reduced to 3 pints; when cold, it will be a jelly, and fit for any sort of ragout or hash.

Every cook ought to learn the art of *larding*, and also of braising, for they are essential to some made dishes.

To Lard.

Have larding pins of various sizes to suit the different joints. Cut strips of bacon with a sharp knife, put one into the pin, pierce the skin and a very little of the flesh, and draw it through; the rows may be near together or far apart, as you choose.

To Blanch.

This gives plumpness as well as whiteness. Put the meat into a sauce-pan with cold water to cover, and let it come to a boil; take it out, plunge it into cold water, and let it remain there till quite cold.

To Braise.

Poultry must be trussed as for boiling. Either lard, or stuff with good forcemeat, the thing to be dressed, and provide a thick-bottomed stew-pan, just large enough to hold it. Line this with slices of good bacon, or fat beef, sliced onion, carrot, and turnip. Strew in a few chopped herbs, a little salt, mace, black and Jamaica pepper, 2 bay leaves, and a clove of garlic. (The seasonings must vary, to suit the meat.) Lay the meat in, and cover it, first with the same quantity of herbs and spices as above, then with thin slices of bacon, and, over all, some white paper; wrap a cloth about the lid of the stew-pan, and press it closely down, setting a weight on it to keep it down. Place the stew-pan over wood embers, or any slow fire, and put embers on the lid. The cooking process should be very slow. Joints which are braised are generally glazed.

To Glaze.

When the meat is sufficiently cooked, take it out of the stew-pan and keep it covered. Strain the gravy into a clean stew-pan, put it on the fire, and let it boil quickly and uncovered for a few minutes: brush the meat over with this, let it cool, and then brush more over. What is not used of this glaze may be kept in a jar tied down, in a cool place.—*Fowls, Hams, and Tongues*, are often glazed when they have been cooked by plain boiling; but this is generally done when they are to be eaten cold.—*Another way* is, to prepare a glaze before hand, for hams, tongues, or fricandeaux, thus: break the bone of a knuckle of veal, cut the meat in pieces, and do the same with half a shin of beef, any poultry or game trimmings, and add to

them a few slices of bacon: put them into a stew pan over a quick fire, and let them *catch*, then put in a little broth made of cow-heels, or calf's-head, or feet. Let this stew till it is a strong jelly; then strain, and put it by in jars. It may be flavoured to suit the dish for which it is intended, at the time it is heated to be used. Glaze should be heated in a vessel of boiling water, and when quite hot, brushed over the meat.—In a well conducted kitchen, materials for making a glaze will always be saved from soup making, boiling calf's head, and feet, and poultry; but no particular instruction can be given for what must be the result of experience. (*See Portable Soup.*)

When cream is used in made dishes, it should be first heated (but must not boil), then poured in by degrees, and stirred to prevent curdling.

Flour for thickening should be of the finest kind, and well dried. For ragouts it may be browned before the fire, or in the oven, and kept ready prepared.

It is convenient to keep spices ready pounded; the quantity so prepared, to be proportioned to the usual consumption. The mixture designated *kitchen pepper* is as follows: an oz. ginger, $\frac{1}{2}$ oz. each, of nutmeg, black and jamaica pepper, and cinnamon; pound or grind, and keep them in separate small phials, tightly corked, and labelled. For white sauces, white pepper, nutmeg, mace and grated lemon peel, in equal proportion, may also be kept prepared; cayenne must be added or not, as taste requires; but, in every preparation of brains, kidneys, or liver, cayenne ought to be used.

Rump of Beef to Stew, Ragout, or Braise.

Cut out the bone, break it, and put it on to make gravy, in cold water, with any trimmings you can cut off the rump; season with an onion, a bunch of sweet herbs, a carrot, and a turnip. Scum, and let it simmer an hour; then strain it into the stew-pan in which you intend to stew the beef. Season the rump highly with kitchen pepper (*which see*), and cayenne; skewer and bind it firmly with tape. Lay skewers at the bottom of the stew-pan, place the rump upon them, and pour the

gravy over. When it has simmered rather more than an hour, turn it, and put in 3 earrots, 3 turnips, and 2 onions, all sliced, an eschalot, and a glass of any flavouring vinegar. Keep the lid quite close, and let it simmer another hour. Before you take it up, put in a little catsup, a little made mustard, and some brown *roux*, or butter rolled in flour, to thicken the gravy.

Brisket of Beef to Stew.

Wash, then rub the beef with salt and vinegar, put it into a stew-pan which will just hold it, with water or broth; when it boils scum well, and let it stew an hour; add earrots, turnips, and onions, cut up. When it has stewed six hours, take out the bones, thicken the gravy with butter rolled in flour, add a little catsup and some mixed spices. Put the meat into a dish, add a little made mustard, and more catsup, to the gravy, pour a little into the dish, and serve the rest in a tureen. The French serve round the meat, stewed cabbage, or cauliflower; either are very good. This dish may be enriched by adding walnut and mushroom catsup, truffles, morels, and port wine, to the gravy; also, earrots and turnips cut in shapes, boiled separately, and, when the meat is dished, spread over and round it. Serve pickles.

Beef, or Veal à la Mode.

The rump, the thick part of the flank, the mouse buttock, and the clod, may be dressed as follows: take from 8 to 10 lbs. beef, rub well with mixed spices and salt, and dredge it with flour. Put some skewers at the bottom of a stew-pan, and on them some thin slices of bacon, 2 table-spoonfuls of vinegar, and a pint of good gravy or broth; then put in the beef, and on it some more bacon. Cover quite close, and let it stew slowly two hours; then turn the meat, and put into the gravy some cloves, black and jamaica peppers, 2 bay leaves, and a few mushrooms, or a little catsup, also a few button onions, browned in the frying-pan. Let it stew till the meat is quite tender, then take out the bay leaves, and serve the meat with the gravy in the dish. The gravy will have thickened to a glaze.

When veal is dressed in this way, (the breast is best for the purpose,) flavour with oyster catsup, lemon peel, lemon pickle, mace, and white wine. Garnish with pickled mushrooms, barberries, and lemon.

Beef to Collar.

The thin part of the flank is best; the meat should be young, tender, and not very fat. Rub it with salt and a very little saltpetre, lay it across a deep dish for one night, to drain; rub into it a mixture of brown sugar, salt, pounded pepper and allspice; let it lie a week in the pickle, and rub and turn it every day. Then take out the bones and cut off the coarse and gristly parts, and the inner skin. Dry it, and spread over the inside some chopped herbs of whatever flavour you choose, and mixed spices; roll it up as tightly as you can, and bind with tape, and it will require four or five hours slow but constant boiling. When done press it under a heavy weight, and put by to be eaten cold. It is sometimes served hot, garnished with cut carrot. Ribs of beef may be dressed nearly in this way, by letting them hang till very tender; take out the bones, strew seasoning and chopped herbs over the meat, roll up tight, and bake or roast it.

Another: from Lady Kelynge's Book, 1683.

Skin and bone a flank or brisket of beef, rub salt and saltpetre well into it: the next day put it into a very strong brine made of pump water and bay salt, and let it lie a week; it will then be red; take it out and let it drain. Chop 3 anchovies very fine, and mix them with 6 sage leaves, 3 bay leaves, a little thyme and savoury, all chopped, 1 nutmeg, $\frac{1}{2}$ oz. pepper, some cloves and mace, all beaten: slit the beef where it is thickest, lay fat where it wants, and strew the mixture well in, sprinkle claret over, and let it lie awhile; then roll it up and bind very hard with tape, put it into an earthen dish, pour a pint of claret on the top of the collar, to run through it, lay suet on the top, cover with a paste, and bake it with bread. Take out the collar, and hang it up, to eat cold.

Beef to Fricandeau.

Lard a piece of lean beef with strips of bacon, which have been seasoned with salt, pepper, cloves, mace, and allspice; put it into a stew-pan with a pint of broth, a faggot of herbs, some parsley, $\frac{1}{2}$ a clove of garlick, (if you like), 1 eschalot, 4 cloves, some pepper and salt. When the meat is quite tender, take it out and keep hot by the fire: strain the gravy, and let it boil quickly till reduced to a glaze. Glaze the larded side of the beef with this. Serve it on stewed sorrel or cucumber.

Ox Cheek to Stew.

Having well washed the cheek, tie it up round, and stew it in good gravy, or water; as soon as it boils, scum well, add 2 bay leaves, a little garlic, (if approved), 2 or 3 onions, mushrooms, 2 turnips, 2 carrots, $\frac{1}{2}$ a small cabbage, a bunch of sweet herbs, a few whole peppers, a little allspice and a blade of mace. Let the cheek stew till nearly done, then take it out, cut off the tapes, and put it into a stew-pan; strain the liquor, skim off the fat, put to it some lemon juice, or a very little vinegar, salt, cayenne, and a little catsup, then whisk in some white of egg to clear it, and pour it through a strainer, to the cheek; let it stew till quite tender.

Ox Palates.

Parboil the palates till the upper skin will easily come off, and either divide or cut them in long thin slices. Stew them slowly, in gravy thickened with browned flour, with a little minced eschalot or onion, or a spoonful of onion pickle, some catsup, and cayenne. These may be dressed high, by adding wine, mushrooms, truffles, and morels to the sauce, and forcemeat balls fried, and served in the dish. Stewed cucumbers may accompany this dish. —Beef skirts the same way.

Bouilli.

See this, in direction for making soup. Bouilli may be

dressed without making soup, as follows : boil a piece of the flank or brisket in just enough water to cover it, with a sufficiency of cut carrot and turnip to garnish with, also a head of celery and about 12 or 16 button onions, previously browned in the frying-pan ; add a small table-spoonful of black and jamaica peppers tied in muslin. This should boil, or rather simmer gently, and it requires a long time to cook it enough. When the meat has boiled till it is tender, take out enough of the liquor to make sauce : thicken it with brown *roux*, or flour rubbed in butter, and add a little catsup, cayenne, and made mustard. Garnish with the vegetables. Caper, and also tomata sauce are good with bouilli. Pickled gherkins on the table.

Ox Tails to Stew.

Divide them at the joints. Scald, or parboil, and then fry, or brown them in a stew-pan, with a little piece of butter, to keep them from burning. Stew them slowly till tender, in broth or water enough to make sufficient gravy, and season with salt, pepper, cayenne, chopped parsley and a spoonful of made mustard. Thicken the gravy with browned flour. The French make a dish of 1 or 2 tails, and the trimmings of meat, or poultry, 3 or 4 onions, 2 carrots, a bunch of herbs, a bay leaf, and 2 or 3 cloves ; cover this with thin slices of bacon, and moisten it with two ladlefuls of broth, or boiling water. It should be covered very close, and simmered till the meat is tender. Boil some cut carrots and turnips, then stew them in melted butter, and serve, in the stew.

Irish Stew.

This excellent dish is by some made of mutton, but it is richer, and less fat made of beef. It is made of chops cut from a loin or neck of mutton, trimmed of most of the fat, and well seasoned, with salt, pepper, and spices. Parboil and skin as many potatoes as you think enough, but the proportion is 4 lbs. weight to 2 lbs. of meat. Peel 8 or 10 onions (for 4 lbs. meat) lay some sliced suet, if you have it, at the bottom of the stew-pan, if not, a tea-cupful of melted

butter, put in a layer of potatoes, sliced, then a layer of chops, slice a layer of onions over them, then potatoes and mutton, and so on, letting the top layer be potatoes; pour in half a pint of broth or water. A shank or small piece of ham, will be an improvement. This should, like all other stews, cook very slowly; when the meat is tender, the potatoes will, perhaps, be boiled to a mash, therefore, have some boiled whole, by themselves, to be served round the stew. Beef (not rump) steaks, and any of the coarser parts, make a much better Irish stew than mutton.

Rump Steaks to Stew.

The steaks should be of one thickness, and a little thicker than for broiling. Put about 1 oz. of butter into a stew-pan, and 2 onions sliced, lay in the steaks, and let them brown nicely on one side, then turn them to brown on the other side. Boil a large tea-cupful of button onions three quarters of an hour, strain, and pour the liquor over the steaks; if that is not enough to cover them, put a little more water or broth, add some salt, and 10 or 12 peppercorns. Stew them very gently for half an hour, then strain off as much of the liquor as you will want for sauce; put it into a sauc-pan, thicken with browned flour, or *roux*, and add catsup, a little cayenne, also a glass of red wine. Lay the steaks in a dish, and pour the sauce over. The boiled onions may be laid over the steaks. Mushrooms may be stewed with rump steaks, and are an improvement; 2 or 3 tomatas also, will help to enrich the stew. Mutton chops and veal cutlets may be dressed in the same way.—Harvey's and Reading sauces may be used to flavour.

Beef Steak with Cucumbers.

The steak may be either broiled or fried; have ready to pour over it, 3 large cucumbers and 3 onions, pared, sliced, and fried in butter, to which must be added $\frac{1}{2}$ pint of gravy, or boiling water. Keep this hot by the fire while you cook the steak.

Italian Beef Steaks.

Cut a large steak from the rump, or any other part which has hung long enough to be tender. Beat, and season it with salt, pepper, onion, or eschalot; lay it, without the water, in an iron stew-pan, with a lid fitting close, and set it by the side of the fire; the heat should be strong, at the same time that care be taken that the steak do not burn. In two or two hours and a half it will be tender; serve it, in its own gravy.

Beef Olives.

Cut slices, of $\frac{1}{2}$ an inch thick, about 5 or 6 long, and 3 inches broad. Beat, dip them in egg, and then in a seasoning of chopped herbs, bread crumbs, salt, mixed spices, and a little finely shred suet. Roll up neatly, and fasten them with thread. These may be roasted in a dutch oven, or stewed in a little clear drawn gravy, after being just browned in the frying-pan. Thicken the gravy, and add to it a little catsup, and walnut pickle; dish the olives, skim, and pour the gravy hot over them.—*Or*; they may be made of slices of cold roast beef, with forcemeat spread over them, and when neatly tied up, stewed in a little gravy, or boiling water, with browned flour rubbed in butter, to thicken it.—*Or*; spread on the slices of beef the following mixture; boiled potatoes mashed, and worked to a paste, with cream, the yolks of 2 eggs, and 1 spoonful of flour, and seasoned with salt and pepper; when this is spread on the slices, strew over each a very little finely chopped onion, parsley, and mushrooms; roll the olives up, fry them in butter, or bake in a dutch oven.

Beef Marrow Bones.

Fill up the opening with a piece of paste, tie a floured cloth over that, and place them upright in the pot. They will take two hours boiling. Serve on a napkin, with slices of dry toast by their side.

Beef Heart.

Soak it well, cut off the lobes, and stuff it with force-meat. Then either roast or bake it. Some good gravy should be served, also currant jelly.

Hunter's Beef.

This is best made of the round. Take out the bone and rub in well the following mixture, all in the finest powder: $\frac{1}{4}$ lb. of salt petre, $\frac{1}{4}$ lb. lump sugar, 1 oz. cloves, 2 nutmegs, and 3 handfuls of salt; rub and turn it every day, till you think it salted enough to boil, then take it out of the brine, wipe it over with a sponge, and bind up firmly with tape. If you choose, a stuffing may be put into the place where the bone came out. Put the meat into an earthenware pan which will just hold it, with a pint of broth or thin melted butter; put some pieces of butter on the top of the beef, then lay some folds of brown paper over the pan, or a coarse crust may be still better. Set in the oven, and bake it, at least, four hours. This is sometimes eaten hot, but most generally cold. The gravy left in the pan, after the meat is taken out, is preserved to flavour soups and sauces.

Hamburgh Beef.

Rub a rump or round of beef well with brown sugar, and let it lie four or five days, turn it each day. Sponge, and rub into it a mixture of 4 oz. common salt, 4 oz. bay salt, and 2 oz. salt petre, all well beaten. Rub and turn it every other day, for a fortnight; then roll up and tie it, put it in a cloth, and then under a heavy weight; that done, hang for a week in a chimney where wood is burned, to smoke. Cut pieces to boil as it is wanted, and when boiled enough, press the meat again under a weight, to eat cold. Mixed spices may be rubbed in with the salt.

Hung Beef.

The best end of the ribs, is best for the purpose. Rub

it well, all over, with lump sugar, or treacle, and salt petre; on the third day, rub with common salt, and a little salt petre, then rub and turn it every day for a week, and let it lie a fortnight longer, turning it, every other day, and pouring the brine over. Take it out, wipe, and dust bran over, then hang it to dry (not smoke,) for six or eight weeks.

Another.

The best end of the ribs is best for the purpose. Rub it well with common salt, bay salt, and salt petre; let it lie four days, then rub it well with the brine, and more salt; rub and turn it every day for six weeks. Then wipe it well, and hang it up to dry, for a month or six weeks, longer if necessary. It must not hang in a warm place or it will be rancid; and it must be carefully kept from flies.

Beef to press.

Bone the brisket, flank, or ribs, and rub it well with a mixture of salt, sugar, and spices; let it be a week, then boil till quite tender, and press it under a heavy weight till cold.

Beef to Hash.

Cut thin slices of the part most underdone, leaving aside the gristly parts and the burnt outside, to help to make gravy, with the bones; put these on with about a quart of water, some pepper, salt, 6 onions, a little allspice, sweet herbs, and parsley; when the water has boiled away one half, thicken the broth with flour, by mixing in by degrees, a little at a time; when this has boiled up, skim off the fat, set it by the side of the fire to settle, strain it into another sauce-pan and put it again on the fire, add whatever catsup, pickle, or flavouring ingredient you choose; when hot, put in the slices of meat, and all the gravy left of the joint; let the meat slowly warm through, but not *boil*, or it will become hard; a very few minutes will be sufficient: place toasted sippets round the dish.—

Mutton is hashed in the same way.—Meat would hash better, if, when the joint leaves the table, slices were cut, and left to soak in the gravy, until the next day.—Flavouring sauces may be added.

Beef Cecils.

Mince cold meat very finely, and mix it with bread crumbs, chopped onion, parsley, pepper and salt. Put it into a stew-pan with a very little melted butter, and walnut pickle, stir it over the fire a few minutes, then pour it in a dish, and when cool, put enough flour to make it firm enough to be made into balls, the shape and size of large eggs; brush these over with egg, roll them in bread crumbs, and brown them before the fire. Pour a little good gravy hot over them.

Cold Sirloin to Dress.

Cut out the inside in one piece; stew it in broth or gravy, with a little spice, and a table-spoonful of walnut catsup. Garnish with pickles. A nice side dish.

Beef Scalloped.

Mince cold beef, with chopped onion, pepper, salt, parsley, and a little scraped ham, moisten with gravy or walnut pickle, and fill the scallop shells; spread mashed potatoes thinly over; mark them neatly, and lay bits of butter on the top. Put them in a dutch oven to warm and brown.—This warmed in a little gravy sufficient to moisten it, may be served on toasted sippets or poached eggs.

Beef en Miroton.

Cut thin slices of cold boiled (not salted), or roast beef, or tongue. Put them into a sauce-pan with $\frac{1}{4}$ lb. of butter and 6 onions, turn the sauce-pan round frequently, and in a few minutes add a little flour mixed in a tea-cup of broth, and a wine-glass of white wine, if you like; let this remain on the fire until the onions are cooked; then put in the meat, with a sufficiency of salt, pepper,

and a spoonful of vinegar. Give it one boil, then stir in a spoonful of made mustard, and serve it, placing the slices round the dish, the edge of each slice lying a little over the other. Cold ribs of beef may be warmed thus: divide them, and cut off the tips of the bones, to which the meat does not reach. Sprinkle each steak with salt, pepper, and a mixture of spices, and lay them in a dutch oven; baste with gravy saved from the roast, or a little broth, and each time, after basting, strew over bread crumbs and chopped parsley.

Bubble and Squeak.

Cold boiled beef is best, but roast meat will answer nearly as well. Cut it in thin slices, pepper well and fry them in good fresh, or well washed salt butter, then keep them hot, while you fry some boiled cabbage, chopped; when done, put this high in the middle of the dish, and lay the slices of meat round. Some choose an equal portion of cold potatoes, chopped and fried with the cabbage. Serve with this, thick melted butter, and in it pickled cucumbers, onion or capers, and a little made mustard. Veal may be cooked in this way, and spinach substituted for cabbage.

Beef to Pot.

Lean meat is best. Salt and let it lie two days. Drain, season with pepper, and spices, and bake it in a slow oven. When done, drain it from the gravy, and set it before the fire, that the moisture may be drawn from it. Tear in pieces, and beat it up well in a mortar, with mixed spices, and enough oiled butter to make it the proper consistence. This may be flavoured with mushroom powder, anchovy or minced eschalot. Put it into pottings-cans, and pour over clarified butter, which may afterwards be used for various purposes. Potted beef is generally made of meat which has been used to make clear gravy, or of the remains of a joint.

Mock Hare.

Cut out the inside of a sirloin of beef, and beat it a

little; cover it with port wine in an earthen pan, and let it lie twenty four hours: take it out and spread over it a forcemeat of veal, suet, and anchovies, all chopped, also grated bread, some mace, pepper, and mushroom powder, lemon peel, lemon thyme, eschalot, and the yolks of 2 eggs: roll up the beef tight, and roast it by dangling before the fire. Baste it with the wine in which it was soaked, till half done, then with cream, or milk and butter, and froth it till well coated, in the old style of coating hares. Serve with a rich gravy, flavoured with port wine, walnut and mushroom catsup, and a table-spoonful of eschalot vinegar; also sweet sauce.

Fillet of Veal to Stew.

Stuff the middle of the fillet with a good forcemeat, roll tightly and skewer it. Lay skewers at the bottom of a stew-pan, place the meat on them, put in a quart of broth, or soft water, lay some bits of butter on the top of the fillet, cover the stew-pan close, after taking off all the scum, and let it simmer very slowly till the meat is quite tender; then take out the meat, strain the sauce, add some thickening, and put it on the fire to re-warm; season with white pepper, mace, nutmeg, a glass of white wine and the juice of a lemon; pour it hot into the dish, over the meat; lay slices of lemon over the fillet, and round the dish.

Neck of Veal to Braise.

Lard the best end with strips of bacon which have been rolled in a mixture of finely chopped parsley, salt, pepper and nutmeg; put it into a stew-pan with the scrag-end, a slice of lean ham, 1 onion, 2 carrots, and 2 heads of celery, nearly cover with water, and let it stew till the meat is tender, which will take two hours. Strain off the liquor, and put the larded veal (the upper side downwards), into another stew-pan, in which you have browned a piece of butter, then set it over the fire, till the meat is sufficiently coloured; keep it hot in a dish whilst you put a little of the strained liquor into the stew-pan, boil it up quickly, skim it, put in a glass of Madeira, some orange or lemon

juice, and pour it over the veal. Garnish with slices of lemon.

Breast of Veal to Stew.

An elegant dish for the second course. Put on the scrag and any bones of veal you may have, to make gravy; put a well seasoned forcemeat into the thin part of the breast; sew it neatly in, egg the top of the breast, brown it before the fire, and let it stew in the strained gravy, an hour; when done, take it out and keep it hot, over boiling water, while you thicken the sauce, and put to it 50 oysters cut up, a few mushrooms chopped, lemon juice, white pepper and mace; or catsup and anchovy sauce may be used to flavour it; also cream, white wine, truffles and morels, at discretion. Pour the sauce hot over the meat, and garnish with slices of lemon and forcemeat balls, also pickled mushrooms.

Breast of Veal to Ragout.

Make a little gravy of the scrag and all the bones of the breast, cut the meat into neat pieces, rather long than broad, and brown them in fresh butter, in the frying-pan. Drain off the fat, and stew them in the gravy, with a bunch of sweet herbs, a piece of lemon peel, a few cloves, a blade of mace, 2 or 3 onions, white pepper, salt and a little allspice. Simmer very slowly, keeping it covered close. When done, take out the meat, skim off the fat, strain and thicken the gravy, add the juice of a lemon and a glass of white wine, and pour it hot over the veal, holding back the sediment. Breast and neck of veal may be plainly stewed in water, or weak broth, without any forcemeat. Veal is sometimes stewed with green peas, chopped lettuce and young onions. White onion or celery sauce may be poured over veal plainly stewed.

Lamb may be dressed according to the last receipt, and served with cucumber sauce.—*Rabbit* also, in the same manner, and served with white onion sauce.

Veal Olives.

The same as beef olives. *Or*: rub the slices over with egg, spread veal forcemeat over very thin slices of bacon, roll up the olives tight, and tie with thread; braise, or stew them gently in weak broth for an hour, if the veal have not been previously cooked, but less if it have.

Scotch Collops.

Cut small slices out of the fillet, flour and brown them in fresh butter in the frying-pan. Have a little weak broth or boiling water in a stew-pan, put the slices of veal into it, let them simmer very gently, and when nearly done, add the juice of a lemon, a spoonful of catsup, a little mace, pepper and salt; take out the collops, keep them hot in the dish they are to be served in, thicken the sauce with browned flour, and pour it hot over the collops, garnish with curled slices of bacon.

Veal en Fricandeau.

The fat fleshy side of the knuckle, a little thin slice from the fillet, or the lean part of the neck boned, may be cooked in this way. Take off the skin, beat the meat flat, and stuff with forcemeat; lard it, or not, as you like. Lay some slices of bacon at the bottom of a stew-pan, place the veal on them, and more slices of bacon on the top; put in $1\frac{1}{2}$ pint of broth, or water, and the bones of the meat, or 2 shanks of mutton; a bunch of herbs, 1 turnip, 1 carrot, 3 or 4 onions sliced, a blade of mace, 2 bay leaves, some white pepper, and more slices of bacon over all. Let this stew slowly, after it has been scummed, for two hours, keeping the stew-pan closely covered, except when you baste the upper side of the fricandeau. The meat ought to be cooked sufficiently to eat with a spoon. Take it out, when done, and keep it hot while you take all the bones out of the gravy, skim off the fat, and let it boil quickly till it thickens, and becomes a glaze; pour it over the meat. Mushrooms, morels and truffles may be added. Sorrel or tomato sauce.

Knuckle of Veal to Ragout.

Break the bone and put it into a stew-pan with enough water to make about a quart of broth; add the skin, gristles and trimmings of the meat, a bunch of parsley, a head of celery, 1 onion, 1 turnip, 1 carrot, and a small bunch of lemon thyme. Cut the meat off the knuckle, the cross way of the grain, into slices smaller than cutlets, season with salt and kitchen pepper, dredge with flour, and brown them in another stew-pan. Then strain the broth, pour it over them, and let it stew *very* slowly half an hour; thicken the gravy with white *roux*, or butter rolled in flour, add the juice of half a lemon, then serve the ragout.

Knuckle of Veal with Rice.

Cut off steaks to cook as cutlets, or in a pie, so as to leave no more meat on the bone than will be eaten hot, for cold boiled veal is not good, and makes but a poor mince. Break the shank bone, wash it, and put it in a stew-pan, with 2 quarts of water, salt, an onion, a blade of mace, and a bunch of parsley. When it boils, scum well, and put in $\frac{1}{4}$ lb. of well-washed rice. This will require, at least, two hours gentle stewing. Put the meat in a deep dish, and lay the rice, drained from the liquor, round. Serve bacon and greens.

Granadin of Veal.

Line a dish, or shape, with a veal caul, and let it hang over the sides of the dish; put in, first a layer of thin slices of bacon, then a layer of forcemeat, made of herbs, suet, and crumbs of bread, then a layer of thin slices of veal, well seasoned, and so on till the dish is filled; turn the caul over the whole, tie a paper over the dish, and bake it. Mushrooms may be added. When done, turn it out of the dish or shape, and serve with a clear brown gravy.

Veal à la Daube.

Cut off the chump, and trim the edge-bone of a loin of

veal; raise the skin and put in a forcemeat, bind the loin up with tape, cover with slices of bacon, and put it into a stew-pan, with all the bones and trimmings of veal, 1 or 2 shanks of mutton, and just cover with water, or broth; and a bunch of sweet herbs, 2 anchovies, some white pepper, and a blade of mace. Place a cloth over the stew-pan, and fit the lid in tight, placing a weight on the top. Let it simmer slowly two hours, but shake the pan occasionally. The gravy will, by that time, have become a strong glaze; take out the veal, the bacon and herbs, glaze the veal, and serve it with tomata or mushroom sauce; or stewed mushrooms.

Cutlets à la Maintenon.

Most cooks dress these in paper, but, except in the hands of expert performers, the plan does not always answer; for the paper is often either burnt, or greasy and smeary. The cutlets should be flattened, seasoned with mixed spices, dipped in egg first, then in bread crumbs mixed with powdered sweet herbs, grated nutmeg and lemon peel. Broil them over a quick clear fire, and serve directly they are done, with good gravy well flavoured with different sauces; or catsup in melted butter, or mushroom sauce. Garnish with slices of lemon and curled parsley. These cutlets may be dressed in the dutch oven, moistened, from time to time, with melted butter. The fat should be first pared off pretty closely. Serve pickles.

Calf's Heart.

A large fat heart makes a handsome dish. Stuff it with a rich forcemeat, put the caul, or a well buttered paper over, and roast it. Pour a sauce of melted butter and catsup over it.—*Or*: stuff the heart, and brown it in a stew-pan with a little butter, or a slice of bacon under it; put in enough broth or water to make a very little gravy, and let it simmer gently till done; take out the bacon, skim and thicken the gravy, and pour it over the heart. Serve sweet sauce, or currant jelly.

Calf's Pluck.

Parboil half the liver and lights, and mince them. Stuff the heart with a good forcemeat, cover with the caul, or a buttered paper, or, instead of either, lay some slices of bacon on, and bake it. Simmer the mince of the liver, in a little gravy or broth, add salt, pepper, chopped parsley, the juice of a lemon and some catsup; fry the rest of the liver in slices, with parsley. When done, put the mince in a dish, lay the heart in the middle, and place the slices round. Garnish with the fried parsley, or toasted sippets.—*Or*: cut the liver into oblong slices an inch thick, turn these round, and fasten with a thread, or form them into any shape you like. Chop onions very fine, also some mushrooms and parsley, fry these in butter, pepper and salt; then dredge flour over the pieces of liver, and put them into the frying-pan; when done enough, lay them in a dish, pepper slightly and keep them hot, whilst you pour enough broth or boiling water into the frying-pan to moisten the herbs; stew them in this a few minutes, and pour it over the liver. A nice supper or breakfast dish.—*Lamb's pluck* in the same way.

Veal Sweetbreads.

Parboil a very little, then divide and stew them in veal broth, or milk and water. When done, season the sauce with salt, and white pepper, and thicken with flour; then add a little hot cream, and pour it over the sweetbreads.—*Or*: when they have been parboiled, egg the sweetbreads, dip them in a seasoned mixture of bread crumbs, and chopped herbs; roast them gently in a Dutch oven, and pour over them a sauce of melted butter and catsup.—*Or*: do not parboil, but brown them, in a stew-pan, with a piece of butter, then pour over just enough good gravy to cover them; let them simmer gently, till done, add a little salt, pepper, allspice and mushroom catsup; take out the sweetbreads, thicken the sauce with browned flour, and strain it over them. Mushroom sauce is served with sweetbreads.—*Or*: par-roast before the fire, cut them in thin slices, then baste with thin melted butter, strew bread crumbs over, and finish by broiling before the fire.

Calf's Tails.

Clean and parboil the tails, brown them in butter, then drain and stew them in good broth, in which put a bunch of parsley, a few young onions, and a bay leaf. Green peas, sliced cucumber, or lettuce, may be added and served altogether, when done, and the fat skimmed off.

Calf's Head in a Plain Way.

Wash and soak it in warm water, take out the brains, and the black part of the eyes. Boil it in a large fish-kettle, with plenty of water and some salt. Scum well, and let it simmer gently nearly two hours. Lift it out, carefully sponge it to take off any scum that may have adhered, take out the tongue, and slightly score the head, in diamonds; brush it over with egg, and sprinkle it with a mixture of bread crumbs, herbs, pepper, salt and spices; strew some little bits of butter over, and put it in the dutch-oven to brown. Wash and parboil the brains, skin, and chop them with parsley and sage, which has been parboiled; add some pepper and salt, with just enough hot melted butter to a little more than moisten it, then put in the juice of a lemon, and a small quantity of cayenne; turn this a few minutes over the fire: skin the tongue, place it in the middle of a small dish and the brains round it; garnish the dish with very small sprigs of curled parsley, and slices of lemon. Serve the head in another dish, garnished the same. Serve with it, melted butter and parsley. Ham or broiled bacon always, with calf's head. —*Or*: wash, soak and parboil the head, divide it, and cut one half up into small neat pieces, along with the tongue, parboiled and skinned; put it into a little veal broth, or jelly, or any fresh stock, season with spices, grated nutmeg, lemon peel or whatever else you like. Glaze the other half of the head, or brush it over with egg, and cover with bread crumbs, chopped parsley, pepper, salt, and some bits of butter, and lightly strew some more crumbs over that; put it in a dutch oven, before the fire. If it appears to be getting too dry, pour a little very thin melted butter over, as it browns. When the head and the mince

are done, squeeze the juice of a lemon into the latter, pour it into a dish and lay the head on it. This may be garnished with slices of the liver fried, or cakes made of the brains, which would otherwise be in the minee. Catsup or pickled oysters may be added. *Lamb's head* may be dressed in this way; the whole head browned, and the pluck parboiled and mineed.

Brain Cakes.

Take off all the fibres and skins which hang about the brains, and scald them; then beat them up in a bason, with the yolks of 2 eggs (or more, according to the quantity of brains), 1 spoonful of flour, the same of bread crumbs, a little lemon peel grated, and 2 tea-spoonsful of finely chopped parsley; add pepper, salt, nutmeg, and what other spices you like, beat all well together, with enough melted butter to make a batter; then drop it, in small cakes, into boiling lard, and fry them of a light brown. Calf's or lamb's brains may be dressed in this way, for garnishing, or a small side dish. Using more flour and more egg, these may be made into balls, for a garnish, or a supper dish.

Calf's Brains à la Maître d' Hotel.

Skin the brains, and soak them in several waters, then boil them in salt and water, with a little piece of butter, and a table-spoonful of vinegar. Fry in butter, some thin slices of bread, cut in the shape of scallop shells. Lay these in a dish, the brains divided in two, on them, and pour over a Maître d' Hotel sauce.

Calf's Head to Fricassee.

First parboil, then cut the meat into small pieces, and stew it, in a very little of the liquor in which the head was boiled, and some rich white gravy, seasoned with white pepper, salt, onion and a little bunch of sweet herbs. Let it simmer gently, and, when nearly done, thicken with butter rolled in flour, and just before you dish it, add a little hot cream, or the yolks of 2 eggs, beaten up; let

this simmer, but not boil. Garnish with brain cakes, or curled slices of toasted bacon.

Calf's Head to Hash.

Calf's head which has been boiled the day before makes an excellent dish hashed, and may be enriched to almost any degree, by adding to the following plain hash some highly flavouring ingredients, such as sweetbreads, truffles, artichoke bottoms, button mushrooms, forcemeat and egg balls.—Cut the head and the tongue into slices. Take rather more than a quart of the liquor in which it was boiled, a shank or two of mutton, or any bones or trimmings of veal, the bones and trimmings of the head, a bunch of sweet herbs, parsley, 1 large or 2 small onions, a piece of lemon peel and some white pepper; boil this slowly, so that it may not waste too much, till it is well flavoured gravy, then thicken it with butter rubbed in flour, and strain it into a clean sauce-pan, add some pounded mace, a large spoonful of oyster sauce or lemon pickle, sherry, Gloucestersauce, or any other sauce you like; put in the slices of meat, and let them warm, by gently simmering. Garnish with forcemeat balls, curled slices of bacon or fried bread, in sippets. Brain cakes look well laid round the hash.

Mock Turtle.

Soak a large calf's head, with the skin on, in hot water, then parboil it in sufficient water to cover it; put in a bunch of sweet herbs, 2 onions and a carrot, and after you have let it boil to throw up the scum, simmer it gently half an hour. Then take the head out and let it get nearly cold before you cut it up. Take out the black parts of the eyes, and cut the other part into thin round slices, the gristly parts of the head into strips, the fleshy parts, some into round slices, and some into dice, the thin part on the forehead into long strips, and the peeled tongue into dice or square bits. Put the bones and trimmings of the head back into the stew-pot, and keep it simmering by the fire. Fry some minced shallot or onion, in plenty of butter dredged with browned flour; then put it into a

clean stew-pan, and put all the cut meat to it, toss it over the fire for a few minutes, then strain into it, a sufficient quantity of the stock to make the dish a stew-soup; season with pounded mace, pepper, salt, and $\frac{1}{2}$ pint of Madeira; let it simmer very slowly, till the meat is done, add a large spoonful of catsup or soy, a little chopped basil, tarragon and parsley. It must be skimmed before it is served; then add the juice of a lemon, and pour it into a deep hash dish, or shallow tureen. Forcemeat balls, and green pickles may be used as garnish: this is sometimes made still richer by a cow-heel being boiled in the stock, and also, by sweetbreads parboiled, or oysters and anchovies being added.

Veal to Mince.

Cold veal is generally used to mince, but undressed meat is the most savoury. Take only the white part, mince it very finely, and heat it in a little good broth, or water (a piece of butter rolled in flour, if the latter), some salt, white pepper, pounded mace and plenty of finely chopped or grated lemon peel; when this is warm, put to it a small coffee-cupful of hot cream, and serve with sippets round the dish. This preparation does for *patties* or *cecils* or *scallops*, the same as directed for *beef*.—Or: you may mix with the mince some stewed mushrooms. Veal may be hashed the same as beef; adding to the gravy mace, nutmeg and lemon peel.

Veal to Pot.

Veal should be very white to pot, and the fillet is best for the purpose. Pounded ham or tongue will greatly improve potted veal.—See *directions for potting beef*.

Mutton to Haricot.

Cut either the neck or loin, into chops, and trim off all the fat and bones. Have 3 pints of good broth, in which a turnip, carrot, bunch of parsley and 3 onions have been boiled. Season the chops well with kitchen pepper, and flour them; then brown them in the frying-pan, with a

piece of butter, put them in a stew-pan, and pour the strained broth over. Let them stew very slowly half an hour, then put in 2 large carrots, cut in slices and notched on the edges, 10 or 12 pieces of turnip, cut in fanciful shapes, 6 button onions, previously half roasted in the frying-pan, or parboiled, also a head of celery, cut up. When the chops are quite tender, skim the gravy, and thicken it with browned flour; add pepper and salt, and a table-spoonful of walnut catsup, the same of camp sauce, of universal sauce, of chili or eschalot vinegar, and a wine glassful of either port or white wine.

Lay the chops in a hash dish, the vegetables on them, and pour the gravy hot over.—Cucumbers sliced, endive parboiled and cut up, or haricots parboiled, are all good in this dish.—Veal cutlets, beef steaks, and lamb chops may be dressed as above. Young lettuces stewed with veal and celery, may be more suitable, perhaps, than turnip, and carrot. Garnish with pickled mushrooms.

Leg of Mutton with Carrots.

Lard the leg and put it in a stew-pan just large enough to hold it, with a piece of butter. Set it over the fire for five or ten minutes, and turn it to every side; take it out, and mix in the sauce-pan with the butter, a spoonful of flour, and 2 tea-cupfuls of broth or boiling water; let this simmer, turning the sauce-pan the while; put in the leg of mutton, and fill up with broth or boiling water; season with salt and pepper, and put in a small bunch of herbs. Let this boil slowly three hours, then put into the pot a large plate of carrots cut into small pieces, and browned in another sauce-pan with a piece of butter. Let the mutton boil another hour after the carrots are added, and serve it. Mutton of any joint, too lean to boil or roast, may be dressed in this way.

Loin of Mutton to Roll.

A rich, but not expensive dish. Keep it till quite tender, take out the bones and put them on in water enough to cover them, with an onion and some herbs, to make a little good gravy. Season the meat highly with

black and jamaica pepper, mace, nutmeg and cloves, and let it lie all night in this seasoning. Flatten the meat, with a rolling-pin, and cover it with a forcemeat, such as directed for roast hare; roll it up and bind with tape; then bake it in a slow oven, or half roast it before the fire, and baste from time to time with the made gravy. Let it get cold, skim off the fat which will have settled on it, dredge it with flour, then finish the cooking by stewing it in the gravy with which you basted, which must be carefully preserved, for this purpose, after the roasting or baking be over. When cooked enough, put to the gravy, an anchovy pounded, a wine-glass of catsup, one of port wine, and a table-spoonful of lemon pickle.

Shoulder of Mutton.

This joint may be dressed the same as the loin; or stuffed with oysters solely, (they must be bearded;) the meat rolled up, bound with tape, and stewed in broth, with a few peppercorns, a head of celery, and 1 or 2 onions. When done, take off the tape and pour oyster sauce over.—*Or*: half roast a well kept shoulder of mutton, let it get nearly cold, then score it on both sides; dangle, or put it in a dutch oven, before the fire, with a clean dish under to catch the gravy, and let it continue to roast. Bone and chop 4 anchovies, melt them in the basting ladle, add pepper and salt, then mix it into $\frac{1}{2}$ pint of hot gravy, $\frac{1}{4}$ pint of port wine, a spoonful of mushroom, the same of walnut catsup, and $\frac{1}{2}$ a spoonful of lemon pickle; baste the meat with this, as it roasts; when done, lay it on a clean hot dish, skim the dropt gravy, heat it, if necessary, and pour it over the mutton.

Breast of Mutton to Grill.

Cut off all the fat which will not be eaten with the lean, score that in diamonds, and season with pepper, salt, and kitchen pepper, or not, as you choose. Brush it over with egg, and strew a mixture of bread crumbs and finely chopped parsley over it. Either roast or broil it in a dutch oven, baste well with fresh butter, strewing more crumbs and parsley over. This dish may be accompanied by stewed cucumbers, or caper sauce, or *sauce Robert*.

Cotelettes à la Minute.

Cut rather thin slices from an uncooked leg; put a good sized piece of butter in a frying-pan, and when that is hot, lay in the slices of meat, and turn them often; keep them hot, when done, while you fry, in the pan, a good bunch of parsley, and what other herbs you like, chopped fine. Moisten these with a little good broth, let them stew in it a few minutes. Lay the cutlets in the middle of the dish, and the herbs round. A supper or breakfast dish.

Mutton Kidneys.

Skin and split the kidneys, rub with salt and pepper, and pin them out with small wire skewers, to keep them open. Dip in melted butter, then lay them on the grid-iron, the inside downwards first, that when you turn them the gravy may be saved. Have ready a little melted butter and parsley; put the kidneys on a very hot dish, and pour a little of the melted butter into each one.—A breakfast dish.

Mutton Collops and Cucumbers.

Cut thin slices from the leg, and brown them in the frying-pan, with a piece of butter. Prepare the cucumbers thus: pare, slice, and sprinkle them with fine salt and pepper, and pour a little vinegar over them; let them lie in this from half an hour to an hour. Stew the collops and the cucumbers in a little broth, enough to make gravy; season it with salt and pepper, add a little catsup, or any flavouring ingredient, and skim the gravy, when the collops and cucumbers are done. Serve in a hash dish. Mutton and lamb chops may be dressed the same.

Mutton to Hash.

When a leg of mutton comes from the table, slices, to hash the next day, should be cut, and left to soak in the

gravy, in the dish; if the joint be underdone, all the better. Make a gravy of the gristles, trimmings and any bones of mutton, adding pepper, salt, parsley, and 1 or 2 cut onions; skim off the fat, strain it, and put in the slices of meat; let it simmer as gently as possible, till the meat is warmed through; put in some flour to thicken, and walnut or any other catsup or pickle. Mutton may be minced and warmed in a pulp of cucumbers or endive, which has been stewed in weak broth.

Hash à la Provencale.

Take about 1 lb. each, of lean beef, mutton, and fresh pork; if the latter, the leg is best; $\frac{1}{2}$ lb. good bacon, some parsley, onion, and a little thyme; hash these together, and add some pepper, but little or no salt on account of the bacon. Mould it into the form of a basin turned upside down, put it into a stew-pan, and when there, with your two fingers make a hole in the centre of the ball, to give it the shape of a crown. Let it cook very slowly two hours. When half done, put in round the crown some potatoes peeled and sliced, jerusalem artichokes, vegetable marrow or cucumbers. When all is done, remove the fat, and serve it, placing the vegetables round the crown.

Hunter's Pie.

Line a mould or dish with mashed potatoes, fill it with slices of cold mutton, or mutton chops well seasoned, and cover with mashed potatoes; bake; and turn it out of the mould. Beef may be dressed the same.

Leg of Lamb with Vegetables.

Cut the loin of a small hind quarter into nice chops, and fry them. Boil the leg, to look delicately white, place it in the middle of a dish, a border of spinach round, and the fried chops upon that.—*Or*: instead of spinach, put a sprig of boiled cauliflower between each chop. Pour hot melted butter over the leg.—*Or*: season the chops, brush them with egg and roll them in a mixture of bread crumbs, chopped parsley, grated lemon peel, nutmeg and salt.

Fry them in butter, and pour over a good gravy in which have been stewed a few oysters and mushrooms. Serve hot, and garnish with forcemeat balls.

Breast of Lamb.

Stew it in good broth twenty minutes, let it cool and then score it in diamonds. Season well with pepper, salt and mixed spices; dredge flour over it, and stick on some little bits of butter. Finish in the dutch oven, and serve on spinach, stewed cucumbers, or green peas.

Lamb Cutlets and Steaks.

Flatten and season lamb chops, and stew them in veal broth, with a little milk in it; season with white pepper and mace. When nearly done, thicken the sauce with a little mushroom powder, a bit of butter rolled in flour, and add a wine-glassful of hot cream.

Lamb Chops with Potatoes.

Cut handsome chops from the back ribs of a large lamb, and trim the bone. Season the chops, egg them, dip them in bread crumbs and parsley, and fry of a pale yellow. Mash some potatoes, rather thin, with butter and cream, place this high in the centre of a dish, score it neatly, and arrange the chops round it, leaning each one on the side of the adjoining one. It is a pretty supper dish.

Shoulder of Lamb Stuffed.

Take out the bone, and fill the vacancy with forcemeat. This may be roasted. To be more rich, stew in good gravy, or braise it. Glaze it, if you like, and serve with sorrel, or tomato sauce.—*Or*: the shoulder may be par-boiled, allowed to cool, then seared in diamonds, seasoned with pepper, salt and kitchen pepper, and finished cooking on the gridiron, or in a dutch oven. *Sauce Robert*, mushroom sauce, or a clear gravy.

Lamb's Head

May be dressed the same as *Calf's Head Plain*.—Or : parboil, then seore, season and egg it, eover with a mixture of bread crumbs and parsley, and brown it before the fire. Make a minee of part of the liver, the tongue and heart, and stew till tender, in a little broth or water, with pepper and salt. Fry the rest of the liver with parsley. Put the minee in a dish, lay the head on it, and place the fried liver round.

Lamb's Sweetbreads.

Blanch, then stew them in clear gravy twenty minutes ; put into the gravy white pepper, salt and mace ; thicken with butter rolled in flour, and add the yolks of 2 eggs well beaten, and stirred into a coffee-cup of sweet cream, a little nutmeg and finely chopped parsley ; pour the cream and eggs in by degrees, then heat it over the fire, but stir all the time. Veal sweetbreads may be eoked in the same way.

Cold lamb does not hash or minee well. The best mode of re-warming is to *broil*, either over or before the fire.

Venison to Hash.

Cut the meat in thin slices, and warm it in its own gravy ; season with pepper, salt, mace, grated lemon peel, one wine-glassful of port and white wine mixed, and a table-spoonful each, of mushroom and walnut eatsup and of soy. Serve toasted sippets round it. If the venison be lean, mix with it some thin small slices of the firm fat of neek of mutton. Cold venison may be mineed, and dressed in all the various ways directed for beef.

Shoulder of Venison to Stew.

If too lean to roast, then bone and flatten it, lay over some thin slices of fat well flavoured mutton ; season well

with white pepper, salt and mixed spices, roll it up tight, bind with tape, and stew it very slowly in good beef or mutton gravy, in a stew-pan which will just hold it. Keep the lid close. When the venison is nearly done, put in a very little cayenne, some allspice, and $\frac{1}{2}$ pint of claret or port. It may stew three hours. Take off the tape, place the meat in a dish, and strain the gravy over. Serve venison saucc.

Venison Collops.

Cut nice thin cutlets, season well with mixed spices, and brown them in a stew-pan, with a picce of butter; put in $\frac{1}{4}$ pint of good brown gravy, $\frac{1}{4}$ pint of port or claret, mushroom and walnut catsup, and soy, if you like, some fried bread crumbs, and a coffee-cupful of the best white wine vinegar. Stew slowly till the collops are done; lay them in a dish and strain the sauce over.

Venison Steaks.

Excellent steaks may be cut from venison. Season and dip them in melted butter, then in bread crumbs, and broil them in buttered papers, over a quick fire. Serve very hot, with a good gravy sauce in a tureen.

Pig to Collar.

It should be three or four weeks older than a sucking-pig for roasting. Bone it, and season well with mixed spices; then spread over, a layer of thin forcemeat made of herbs, hard boiled eggs chopped fine, and a *little* suet, then a layer of thin slices of veal, then a layer of seasoning, and so on; roll it up, tie in a cloth, and stew it three hours, in as small a quantity of water as will cover the pig. It will then require to be tied tighter at each end, and put under a weight till cold.

Pork Chops with Onions.

Season the chops on both sides with pepper and salt, brush them over with olive oil, and roll them in bread

crumbs ; put them on the gridiron, taking care that the fire be clear, and do not turn the chops more than once. Cut 12 large onions in slices, put them into a sauce-pan with a large piece of butter, turn the sauce-pan frequently that the onions may imbibe the butter equally ; add half a tea-cupful of boiling water, some pepper and salt, and let the onions simmer three quarters of an hour ; strain, and mix with them a little made mustard. Place the onions in a dish, and the chops on them.

Corned Pork with Peas.

Put a large piece of butter into a stew-pan with $\frac{1}{2}$ a table-spoonful of flour, and when it is melted add a tea-cupful of boiling water, some ehopped herbs and pepper. Wash in 3 waters a small piece of corned pork, put it in the stew-pan, and when it has eooked half an hour add 3 pints of green peas, and let it eook one hour. Take out the herbs and pork, pass the rest through a sieve ; serve the peas round the pork.

Hare to Jug.

A tender young hare is better jugged than an old one, but one that is too old to roast, is very good jugged. Cut it in rather small pieces, season with salt and pepper, and put them into a jugging-ean, or stone jar, just large enough to hold them, with a slice or two of good bacon, or beef, or a little of each, 6 onions, with 3 eloves in each, 2 bay leaves, the rind of a lemon, a blade of mace, a *little* mushroom powder, and some good broth or water. Place the jar in a kettle of boiling water, or in a slow oven, for three hours, keeping it eovered close. When the hare is quite tender, skim the fat off the top, and strain the gravy ; thicken it, add seasonings, if required, a little port wine, lemon juice, eatsup and eayenne ; lay the pieces of hare in a hash dish, and pour the sauee hot over.

Hare to Stew.

Cut off the legs and shoulders, cut down the baek and divide each side into 3. Season these with pepper, salt,

and mixed spices, and steep them, four or five hours in eschalot vinegar, and 2 or 3 bay leaves. Make about $1\frac{1}{2}$ pint of good gravy, of any beef or mutton stock, the neck, head, liver, heart and trimmings of the hare, 2 or 3 onions, a carrot, a bunch of sweet herbs, 12 black peppers, the same of allspice, and a slice of bacon, cut in small pieces. Strain this when done, into a clean stew-pan, and put the hare and the vinegar into it; let it stew very slowly, until done. If required, add salt, more spices, and cayenne; also good sauces, and port wine, if you choose. Thicken with browned flour. An old hare may be larded, and stewed in a braise. Hare may be hashed in the same way as beef.

Rabbits to Smother.

Truss and boil them, taking care, after bringing them slowly to a boil, to let them simmer gently by the fire till done. Make some nice smooth onion sauce, or, if that be too strong, of half onion, and half apple, turnip, or bread, and melt the butter of which this is made, with milk or cream, in order that it may be white. When the rabbits are done pour this hot over them. The livers chopped and put round the dish.

Rabbits to Fry.

Cut them up in joints, and fry them in good fresh butter, with dried parsley. Serve parsley and butter as sauce, or liver and parsley sauce.—*Or*: dip the joints in beaten yolk of egg, and then in bread crumbs, before you fry them.

Rabbits may be fricasseed the same as chickens. They also make an excellent pie, or curry, and may be potted.

Rabbits to Fricassee.

Cut them in joints and parboil them; take off the skin, and stew them in good gravy made of knuckle of veal, lean ham, sweet herbs, mace, nutmeg, white pepper, lemon peel and mushroom powder: when the meat is tender, thicken the gravy with the yolks of 3 or 4 eggs in a pint

of cream; stir in gradually 2 table-spoonfuls of oyster, 1 of lemon pickle, and 1 of essence of anchovy. Serve very hot. Stewed or pickled mushrooms are good with this. Garnish with slices of lemon and pickled barberries.

Rabbit, Hare and other Game to Pot.

Rabbit must be seasoned with pepper, salt, cayenne, mace, and allspice, all in fine powder.—Hare, season with salt, pepper, and mace.—Partridges, season with mace, allspice, white pepper, and salt in fine powder.—Read directions to pot beef, and proceed in the same way.

Fowl, Stewed with Mushrooms.

Stew a large white fowl in strong gravy, or mutton broth, seasoned with white pepper, onion and mace; thicken the gravy with butter rolled in flour, and add some button mushrooms. Serve mushroom sauce; or place a white fricassee of mushrooms round the fowl. (*See mushroom sauce.*)

Poulet au Riz.

Stew a large white fowl in clear mutton or veal broth, with white pepper, onion, and mace. There should be room in the stew-pan for it to swell, but keep it covered close. When the fowl has stewed slowly rather more than twenty minutes, put to it a tea-cupful of well picked and soaked rice. When that is tender, and the fowl done, take the latter up, and keep it hot, while you strain the rice and place it on the reverse side of a sieve to dry. Place the fowl on a dish, the rice in heaps round it. Serve parsley and butter.—*Or*: you may stuff the fowl with rice parboiled, seasoned, and moistened with butter; lay slices of bacon on the breast, tie paper over, and roast it. Lay some boiled rice round the dish.

Fowl with Oysters.

The fowl may be roasted, and served with oyster sauce, prepared with either cream or butter, poured over it.—

Or: the fowl may be seasoned inside, with pepper, salt, mace, lemon peel and butter, then put into a stew-pan, previously lined with slices of bacon; moisten the fowl with a little good broth, and let it braise very slowly. Pour a thick oyster sauce into a dish, lay the fowl on it, and garnish with slices of lemon.

Fowl to Force.

Bone and stuff the inside of a large fowl with a forcemeat made of $\frac{1}{4}$ lb. of minced veal, cold fowl, or turkey; 2 oz. grated ham, 2 oz. yolk of hard boiled egg, chopped fine, some lemon peel chopped, mixed spices, and cayenne to taste; beat the whole in a mortar, to a paste, adding 2 eggs beaten, to bind it. Sew up the fowl, form it into its own natural shape, draw in the legs, and truss the wings. Stew it slowly in clear white broth, and when nearly done, thicken the sauce with butter, rolled in white flour; just before you serve it, add a little hot cream, by degrees, to the gravy, stirring all the time. Squeeze the juice of a lemon into a dish, lay the fowl in the centre, and pour the sauce over it.—*Or*: the stuffing may be of pork sausage, and the fowl roasted; serve good gravy in the dish, and bread sauce in a tureen.

Chickens, Pigeons, or Rabbits, to Braise.

Bone and stuff them the same as directed in the last receipt, and lay slices of bacon on them. Brown a few sliced onions in a stew-pan, and add to them all the bones and trimmings; also, if you can, a shank or scrag of mutton, or a shank of veal, a bunch of sweet herbs, a few blades of mace, and a pint of broth or soft water; simmer gently, one hour. Then put in the chicken or whatever it may be, cover the lid of the stew-pan with a cloth in thick folds, and let it stew very gently an hour and a half. Take out the chickens and keep them hot, whilst you first strain the gravy, and then boil it quickly to a jelly. Glaze the chickens, and serve them with mushroom sauce, or brown fricassee of mushrooms.

Chicken to Fricassee.

Cut up the chickens as carved at table ; and season the joints, with mixed spices and white pepper. Add to a pint of clear gravy or stock, 2 onions, 2 or 3 blades of mace, a good sized piece of lemon peel, and a bunch of sweet herbs. When this is ready put in the chicken, and let it stew gently, half an hour ; keeping the stew-pan covered close. When the chicken is done, take it out, keep it hot over boiling water, strain the sauce, and thicken it with butter rolled in flour, adding salt and nutmeg. Just before you serve it, pour in, by degrees, $\frac{1}{4}$ pint of sweet cream which has been heated, and the yolks of 1 or 2 eggs, beaten ; keep stirring, lest it curdle, and do not let it boil : pour it over the chicken. A glass of white wine may be added. Garnish with slices of lemon. You may put into the stew-pan, a quarter of an hour after the chickens, some quite young green peas and lettuce.—The French *Fricassée Naturel* is as follows : cut up the chickens, blanch them in hot water a few minutes, then dip them into cold water, and put them into a stew-pan with 4 oz. butter, some parsley, green onions, and a tea-cupful of trimmed button mushrooms. Let the chickens warm through, and slightly brown, add salt and white pepper, and dredge flour over them ; also, put in a little of the liquor they were blanched in, and let it simmer half an hour, more or less according to the size of the chickens. When done, take them out and keep hot, strain the sauce, give it a quick boil to reduce it, add the yolks of 2 eggs well beaten, and pour it over the chickens.

Fowl à la Chingara.

A fat fowl is required. Cut it down the back and breast, then across, so as to be in four equal parts. Melt a very little piece of butter in a stew-pan, and lay in it, four slices from the thickest part of an unboiled ham, then lay in the fowl, and let it stew, very gently, till done ; take it out, keep it hot, pour the fat off the glaze which will be at the bottom of the stew-pan, and pour into it a little good gravy, add salt, pepper and cayenne if required.

Let this simmer gently, a few minutes; during which, fry, in the fat you have just poured off the cookery, 4 toasts, dust over them a little pepper and salt, place them in a dish, and lay a quarter of the fowl on each; either with the ham, or not. Skim the sauce, and serve in a tureen.

Cold Fowl or Turkey to Pull.

Take off the skin, and pull off the meat of the breast and wings, in long flakes; just brown these in the frying-pan with a piece of butter, drain them from the fat, and put them into a sauce-pan with a little gravy previously seasoned with salt, pepper, nutmeg and mace. Let this simmer gently, just to warm the meat; during which score and season the legs, if it be turkey, and broil them, with the sidebones and back. Thicken the sauce with the yolks of 1 or 2 eggs beaten, and add a tea-cupful of hot cream. Lay the hash in the middle of the dish, and the broil round. Garnish with toasted sippets.

Goose to Braise.

Having stuffed the goose as for roasting, lay thin slices of bacon over it; line a stew-pan with slices of bacon, and place the goose in the centre; put in the giblets, 5 or 6 sliced onions, 2 or 3 carrots and turnips, a clove of garlic sliced, salt, black and jamaica peppers, 2 bay leaves, and a slight sprinkling of fine chopped herbs. Moisten with a little boiling water. Place a sheet of paper over, cover close, lay a folded cloth over the lid, put a weight on the top to keep it tight, and let it stew gently. (*See instructions for braising.*) Serve apple or pear sauce. An old hare may be braised.

Dindon en Daube.

Season some strips of bacon, with salt, pepper, spices and herbs; lard the breast and thighs of the turkey, and lay some slices of bacon over the breast. Line a stew-pan with slices of bacon, and put in the turkey, with a hock

of ham or a calf's foot (both if you can), also the head and feet of the turkey, 4 sliced onions, 2 carrots sliced, some young onions, a few sprigs of thyme, a bunch of parsley, and a few cloves; moisten this with a tea-cupful of melted butter, and cover it with white paper buttered. Let it simmer five hours; take it off the fire, and let it stand by the side twenty minutes, or half an hour. Take out the turkey, strain the gravy, and boil it down quickly; beat up an egg, stir it into the gravy, put it on the fire, and let it come nearly to a boil, then place it by the side of the fire for half an hour, and it will be a jelly; strain it again if not clear, and pour it over the turkey.—Hare may be dressed the same.

Pigeons to Stew.

Put a piece of butter, rolled in flour, a little chopped parsley, and the liver, into each pigeon, truss, then place them on slices of bacon, in a stew-pan; cover with more slices of bacon, and stew them twenty minutes. Serve good brown gravy. Stewed mushrooms are nice with these. Garnish with sprigs of boiled cauliflower, or whole small heads of brocoli.—*Or*: add bread crumbs to the stuffing, truss them as for roasting, and brown them in the frying-pan; then put them into the stew-pan, with some good stock of beef, flavoured with herbs, mace, anchovies, mushroom powder, onions and pepper; stew till tender, then add to the gravy, oyster, mushroom and walnut pickle; port and white wine, soy, Gloucester and camp saucers. Garnish with egg balls and pickled mushrooms.—*Or*: first stuff them with bread crumbs, spices, parsley and a little fresh butter; then half roast them, in a dutch oven, and finish in the stew-pan, in good gravy; to which, wine, lemon peel, and mushrooms may be added. Pour it over the pigeons.—Asparagus laid round, and between the pigeons looks pretty.

Pigeons in Jelly.

Pick, wash, and singe 2 plump pigeons; leave the heads and feet on, clean them well, clip the nails close to the claws, and truss them, propping the heads up with skew-

ers; season inside with pepper and salt, and put in each a piece of butter. Have some liquor in which has been boiled a knuckle of veal, or calf's head or feet, and put it into a baking dish with a slice of lean ham or bacon, a blade of mace, a faggot of sweet herbs, some white pepper, lemon peel, and the pigeons. Bake them in a moderate oven; when done, take them out of the jelly, and set by to get cold, but cover them to preserve their colour. Skim the fat off the jelly when cold, then boil it up with the whites of 2 eggs beaten, to clear it, and strain through a bag. Place the pigeons in a dish, put the jelly round and over them, in rough heaps. It ought to be very clear. Instead of baking them, you may roast the pigeons, and, when cold, put a sprig of any thing you like into the bill of each one, place them on some of the jelly, and heap more of it round them.

Pigeons en Compote.

Parboil 2 large pigeons; half an hour's simmering will do; take them out of the water, and squeeze the juice of half a lemon over the breast of each. Have prepared in a stew-pan $\frac{1}{4}$ lb. of butter, a table-spoonful of flour, and 2 tea-cupfuls of weak broth, a faggot of herbs, some pepper, salt, a piece of ham or bacon and 8 mushrooms cut in quarters: place the pigeons in this, and let them stew slowly two hours. Blanch 12 button onions, and, half an hour before the pigeons are done, put them in the stew-pan. When done, take out the herbs and the ham, skim the gravy, pour it over the pigeons, in a dish, and lay the onions round.

Ducks with Peas.

The ducks should be young and plump. Singe carefully, and season with salt, pepper, cayenne and mixed spices. Place some very thin slices of bacon into a stew-pan, lay the ducks on them, lay some more slices over them, moisten with a little broth, or water, and let them stew from half to a whole hour, according to their age and size. While they are stewing, parboil, and then fry in butter, or with bits of bacon, 2 or 3 pints of young

green peas, pour off all the fat, put them in a stew-pan with a very little water or broth, salt, pepper, a bunch of parsley, and some young onions. If the ducks are large they may be cut up in the dish you serve in. Take the onions and parsley out from the peas, skim off the fat, and pour the gravy over the ducks.—*Or*: half-roast the ducks, then put them into a stew-pan with a pint of good gravy, a little mint, and 3 or 4 sage leaves chopped small, cover close and let it stew half an hour. Boil a pint of green peas as for eating, and put them in, after you have thickened the gravy: put the ducks into a dish, and pour the gravy and peas over.

Ducks to Ragout.

Prepare them the same as pigeons to stew. Brown them, all round, in the frying-pan, and then stew them in good broth, till tender. Season well, with pepper, salt, onions, sage, and what other herbs you like. Thicken the saucc with browned flour and butter. Add a glass of port, if you like. Pour the sauce over them.

Ducks to Stew.

Cut up the ducks, as at table, and if you have not any gravy suitable, prepare some of the trimmings, 3 or 4 onions, a bunch of herbs, pepper, salt, and spices. Strain, thicken it, and put in the pieces of duck; do not let the gravy even simmer, but keep hot by the side of the fire until the meat is heated through. A little wine or catsup, and cayenne may be added. Goose may be hashed in this way, the legs scored, seasoned and broiled, laid on the hash, or served by themselves.

Wild Fowl, to Ragout.

Considered a fine dish. Half roast whatever bird it may be, score the breast in 3 at each side, lightly strew mixed spices and cayenne into each cut, squeeze lemon juice over the spices. Stew the birds, till tender, in good brown gravy, take them out and keep hot; add 1 or 2 finely shred eschalots to the gravy, also a glass of red

wine, and pour the gravy over the ducks. Wild fowl and any sort of game may be re-warmed, being cut up, in good gravy boiling hot, delicately thickened with bread crumbs, and seasoned with salt, spices to taste, a little wine, and lemon juice, or lemon pickle.

Snipes, Landrails or Woodcocks to Ragout.

Pick 2 or 3 very carefully, take out the trail, and lard them with slices of fat and lean ham, dredge very well with flour, and fry them in butter, of a light brown; then stew in good gravy, flavoured with sherry or Madeira, a little port or claret, anchovy, oyster, and lemon pickle, and walnut catsup, 2 table-spoonfuls of soy, a little cayenne and Gloucester sauce. Thicken with flour and butter. Just before serving add the juice of a lemon, and 1 table-spoonful of eschalot vinegar. Pound the trail with a little salt, lay it on slices of thin hot buttered toast, in a deep dish, and pour the ragout over.

Tripe to Fricassee.

Stew a piece of the thick part of tripe, well boiled, in some clear veal stock, well seasoned. When sufficiently cooked, cut it in strips, shake it over the fire in good white sauce, for five minutes; squeeze the juice of a lemon in the dish, pour the fricassee into it, and garnish with slices of lemon. When tripe is cooked *maigre*, use cream and yolk of egg to enrich the sauce.

Mock Brann.

Having cleaned a hog's head, split it, take out the brains, cut off the ears, and rub the head well with salt. Then let it drain for twelve hours, spread 2 oz. common salt and $1\frac{1}{2}$ oz. bay salt over it, and the next day put it into a pan, cover with cold water, and let it stand a day and night. Then wash well, and boil it until the bone comes out; skin the head and tongue, and cut both into bits. Put half of the skin into a pan, spread the meat in layers, season well with salt and pepper, then press it down hard, and cover with the other half of the skin. If

the head be too fat, add some bits of lean pork. Make a pickle of 2 oz. salt, a pint of vinegar, and a quart of the liquor; boil this several times, and when cold pour it over the head.

Tripe in the Scotch Fashion.

The tripe having been well boiled, let it cool, and then simmer gently in milk and water, with a little salt, and a piece of butter. When quite tender, take it out and let it cool, whilst you prepare a thick batter of 3 eggs, 3 spoonsful of flour and some milk; add some green onions or chives, parsley chopped fine, and ginger. Cut the tripe in square cutlets or in strips, dip them in the batter, and fry in good beef dripping. Fry one piece first, to ascertain if the batter be thick enough; if it do not form a thick crust on the tripe, work some more flour smoothly into it.

A Scotch Haggis.

Having cleaned a sheep's pluck well, cut some places in the heart and liver, to let out the blood, and parboil it all, (during which the windpipe should hang over the side of the pot in a bowl, that it may empty itself). Scum the water, as the pluck boils; indeed, the water ought to be changed. From half to three quarters of an hour will be sufficient. Take it all out, cut off about half of the liver, and put it back to boil longer. Trim away all pieces of skin and black looking parts from the other half of the liver, the heart, and part of the lights, and mince all together, with 1 lb. of good beef suet, and 3 or 4 onions. The other half of the liver having boiled half an hour longer, put it in the air to get cold; then grate it to the mince, and put more onions, if you like; but they are better for the purpose if slightly parboiled. Toast before the fire, a large tea-cupful of finely ground oatmeal flour; turn it often with a spoon, that it may be equally dried, of a light brown. Spread the mince on a board, and strew the meal lightly over, with a high seasoning of salt, pepper and cayenne. Have ready the haggis bag (it is better to have two, in case one should burst,) put in the

meat, with as much broth as will make a thick stew, and the richer the broth the better; add a little vinegar, but take care that the bag be not too full, for the meat must have room to swell. When it begins to boil, prick the bag with a needle; it will require to boil slowly, three hours. Sheep's head may be parboiled, the meat minced and added to the above.

Curry of Chicken, Rabbit or Veal.

Read in the chapter on seasonings, the part relating to Curry Powder.—Curry may be made of cold meat, and makes a variety with the common mode of re-warming meat, in the form of hash; but it is not so good as when made of undressed meat. Cut the meat into pieces, such as are served at table, and brown them, in butter, with a sliced onion or two, in the frying-pan, over a quick fire. When the meat is of a fine amber colour, put it and the onion in a sauce-pan, with some good veal or mutton broth, or stock made of poultry and veal, or mutton trimmings; when this has simmered long enough for the meat to be sufficiently cooked, put in the curry powder, from 2 to 3 dessert-spoonsful, according to the quantity of meat, rubbed and mixed very smooth with a spoonful of flour; stir this carefully in the sauce, and let it simmer five or six minutes; when that is done, put in the juice of a lemon, and stir in by degrees a coffee-cupful of thick cream. A small part of the meat and the livers of poultry may be pounded to thicken the sauce.—*Or*: rub the powder into a thin paste, with some cream, and rub each piece of meat with it, when half cooked, and return it to the sauce-pan to finish stewing.

Another.

Fry 4 large sliced onions in 2 oz. of fresh butter, and put all into a stew-pan with a loin of lamb cut in steaks, a breast of veal cut up, chicken, duck or rabbit jointed, or any thing undressed and *lean*, with a pint of good stock, or more, according to the quantity of meat; stew till tender: then take out the meat, and mix with the gravy about 2 dessert-spoonsful of turmeric powder, 6 pounded

coriander seeds, cayenne to taste, and 2 table-spoonsful of chili or eschalot vinegar. Boil these well till thoroughly mixed and thick, and till the turmeric has lost the raw flavour; then put in the meat, and give it one boil up. Squeeze in the juice of a lemon, and serve it *very hot*, in a deep dish, with plenty of gravy; the rice in another.—Stewed onions, stewed cucumbers, or stewed celery, *brown*, are good with curry. Serve pickles (melon mangoes are most suitable), and chili vinegar.—Veal cutlets may be fried with onions in butter, and stewed in gravy as above.

Curry Kebobbed.

Cut into small bits, chicken and tongue, or veal and ham; season well with eschalot, and fasten them in alternate slices on small skewers. Mix with flour and butter 2 dessert-spoonsful of curry powder (or 1 of curry paste), 1 of turmeric, and add by degrees $\frac{1}{2}$ pint of good gravy. Fry the meat, with 3 onions chopped fine, in butter, and put all into a stew-pan with the gravy, adding a tea-spoonful of mushroom powder, a wine-glassful of sherry or Madeira, 2 table-spoonsful of lemon pickle, 2 of garlic or tarragon vinegar, 1 of soy, 1 of walnut pickle, 1 of claret or port, and a tea-spoonful of cayenne vinegar. Let it stew until the flavour is very fine.—Garnish with pickles.

Curry of Fish.

Slices of cod, turbot, brill and holibut, also whittings, haddocks, and codlings whole, may all be curried. If to be *maigre*, make the gravy of well-seasoned fish stock; if not, good beef or veal broth, in which an onion and carrot have been boiled; thicken it with butter rubbed in browned flour. Bone the fish, and cut them into neat pieces, rub with flour, and fry them in butter, of a light brown. Lay them on a sieve to drain. Mix very smoothly a table-spoonful of curry powder (more or less according to taste, and the quantity of fish), with a dessert-spoonful of flour, and mix it to a paste with a little of the broth; add to this, 2 onions, beaten in a mortar, and $\frac{1}{4}$ pint of

thick cream. Mix this in the gravy, or roll the piece of fish in it, then put them in the gravy, let them stew gently till quite tender; place them in a dish, skim the fat off the sauce, and pour over the fish.—Lobster, prawns, shrimps, oysters and muscles, may be curried in the same way, to form a dish by themselves, or mixed with other fish.—Slices of cold cod, turbot or brill, may be re-warmed in curry sauce. Fry the fish with sliced onions in butter, then stew it in meat or fish stock, with a dessert-spoonful of curry powder, and a coffee-cupful of thick cream.

Beef or Ham Chutney.

To 1 oz. of grated meat, put 1 small onion chopped very fine, 1 tea-spoonful of grated ginger, and cayenne to taste; mix well together, adding vinegar or lemon juice.

Fish Chutney.

Parboil an onion, chop it very fine, and add to the fish, which should be rather salted, and chopped fine, or grated; add cayenne and vinegar to taste.

Rice to Boil for Curry.

Pick the rice well, and let it soak in water; then boil very quickly, with a little salt in the water, till tender, but not soft; drain, and lay it on a sieve reversed, before the fire, to dry. Turn it with a fork, as lightly as possible, but do not use a spoon. Serve it in a dish by itself, or place it round the dish in light heaps, the curry in the middle. Rice is seldom properly cooked for curry; the common defects are, being boiled to a mash, or, the grains quite hard. After it is boiled, some cooks pour cold water over, and then place it before the fire to dry. Every particle ought to be distinct, yet the rice perfectly tender.—*Another* way is, to wash the rice in warm water, pick it carefully, pour boiling water over it in a stew-pan, cover that close, and keep it by the side of the fire to be quite hot. In an hour's time, pour off the water, set the stew-pan on the fire and stir briskly with a fork till the rice is dry, but not hard.—The *Hindostanee* mode

is as follows: when well picked, soak it in cold water a quarter of an hour. Strain and put it into boiling water rather more than enough to cover it; boil it ten minutes, skimming the while if necessary; then add a gill of good milk for each lb. of rice, and let it boil two or three minutes. Take it off the fire, strain and put it back into the saucepan over a slow fire; pour on it, $\frac{1}{2}$ oz of butter melted, and a table-spoonful of the water in which the rice was boiled, let it boil slowly another eight minutes, and it will be ready.—In *Carolina* they soak the rice two hours, in salt and water, then wash it well, put it in a bag made of cheese cloth, then steam it twenty minutes, and each grain is found separated.

A Pillau.

Stew some rice in thin broth, or melted butter, till tender, season with salt, white pepper and pounded mace. Prepare a boiled fowl, or mutton chops, or veal cutlets, dressed as you like, place them in a hot dish, and if fowl or veal, some slices of boiled bacon over them; cover the meat with the rice, spread it smoothly, glaze it with beaten egg, and place it before the fire, or in the oven to brown. Garnish with hard boiled eggs cut in rings, and slices of lemon.—*Or*: half roast a breast of veal, cut it in pieces, season with pepper and salt (curry powder if you like), and stew them in good gravy, or broth. Place a high border of rice round a dish, the veal in the centre, some thin slices of bacon on it, and cover with rice, glaze with yolk of egg, and brown it in the oven. A turkey, capon, or old fowl larded, may be dressed in this way; or any cold poultry, or rabbit.

Sausages.

To the following receipts saltpetre may be added, to give a red hue. Mushrooms and oysters give a nice flavour, but then the sausages do not keep well. Sausage meat is sometimes cooked without being put into skins: mould it into flat cakes, moistening with the yolk of egg, which will bind it, then fry them nicely. These cakes form a pretty supper dish, garnished with curled parsley:

also a garnish for roast turkey or fowl. In making sausages, the ingredients must be *well mixed*. Herbs ought to be used sparingly; indeed, some reject them altogether.

Pork Sausages.

Cut 3lb. of fat, and 3lb. of lean pork, into thin slices, scrape each one and throw away the skin; cut the meat all up together as small as possible, with 2 oz. salt, $\frac{1}{2}$ oz. pepper, 6 tea-spoonsful of sage, chopped fine, 2 nutmegs and two eggs. Boil $\frac{1}{2}$ pint of water, let it get cold, put in the crumb of a penny roll, and let it soak all night; the next morning mix it well with the other ingredients, and fill the skins.

Oxford Sausages.

To 1 lb. pork, add 1 lb. veal, 12 oz. beef suet, 3 oz. grated bread, 3 eggs, well beaten, and a sufficiency of mace, black pepper, salt and sweet herbs, these last chopped, then pounded in a mortar, before they are put to the other ingredients. Anchovy is an improvement.—*Or*: leave out the bread, herbs and suet, have plenty of fat to mix with the lean, mix it up with yolk of egg, into long thin cakes, and fry them.

Epping Sausages.

Equal portions of young tender pork, and beef suet. Mince them very finely, season with salt, pepper, grated nutmeg, and a little chopped sage.

Veal Sausages.

Equal quantities of lean veal and fat bacon, $\frac{1}{2}$ a handful of sage leaves, salt, pepper, and a few anchovies; beat all well in a mortar. Roll this out in cakes and fry them.

Bologna Sausages.

These ought to be in perfection at Bologna, but the one

I happened to taste there had so strong a flavour of garlick that it was not eatable. In London they are made of an equal portion of beef, veal, lean pork and fat of bacon, all minced and mixed well together. Season with pepper, salt, and spices; fill a large skin, and boil it an hour.

Rissoles.

Any sort of cold meat, but veal, chicken, turkey and sweetbreads answer best. Mince the meat, season with salt and pepper, and stew it two minutes in good well seasoned gravy; use no more than sufficient to moisten the mince. Let it get cold, then roll into balls; dip these into egg beaten; then into bread crumbs, and fry them of a light brown. When done, place them in a dish, and pour good thick gravy into it.—*Or*: roll out thin puff paste, spread some mince on it, and roll up in what shape you please; fry of a light brown. Rissoles may be made of cold turbot, shrimps, lobster and cod: season with cayenne and thin melted butter; add the yolk of an egg to bind it, then roll up in thin puff paste and fry it.

A Bread Border.

Cut slices of firm stale bread, the thickness of the blade of the knife, into any shape you like. Heat some top fat, or oil, in a sauce-pan, and put in the sippets. Take some out before they are much browned, and let the rest brown more. Drain well, fasten each one up with white paper, until you are ready to use them; then pierce the end of an egg, let out a little of the white, beat it up with a knife, and mix in a little flour. Heat a dish, dip one side or point of each sippet in the egg, and stick them, one by one, on the dish, in what form you please. When the border is finished put the ragout or fricassee in the centre.

A Rice Border.

Soak the rice well, then stew it with salt and a blade of mace; it is made richer by butter and yolk of egg. When

just tender, and no more, place it neatly round the dish, as an edging; glaze with beaten yolk of egg, and set it in the oven, or before the fire, a few minutes; then put the curry, hash, or whatever it be, in the centre.

Potatoe Border.

Mash them nicely, and form a neat border round the edge of the dish; mark this, and glaze with yolk of egg; brown it in the oven, and put the hash in the centre.

Eggs.

Some of the following receipts may be considered of little consequence, but as variety is essential in the decoration of a table, and as all dishes composed chiefly of eggs, have a delicacy of appearance to recommend them, they should not be disregarded merely on account of their simplicity.

Omelets.

These are very easily made, and are so convenient to make out a dinner or supper, that it is surprising they so seldom appear at plain family dinners, especially in the country where fresh eggs may always be obtained. Omelets are so common in France, that the poorest Inn by the road side will always furnish one. There is no art in the cookery, but a little practice is required to arrive at perfection. *Fresh* eggs are essential; and the frying-pan should be round and small. The basis of most omelets is the following: beat well the yolks of 6 and the whites of 3 eggs, put to them a little salt and 2 table-spoonfuls of water; put $1\frac{1}{2}$ oz. fresh butter into the frying-pan, and hold it over the fire; when the butter is hot, pour in the eggs, shake the pan constantly, or keep stirring the eggs till they become firm, then with a knife lift the edge all round, that the butter may get below. If it be over done, it will be hard and dry. Gather the border up, roll the omelet, and serve it in a hot dish. This may be flavoured in various ways: with grated lemon peel, nutmeg and mace; *or* with the juice of a seville orange; *or* with grated ham, tongue, *or* veal kidney, pepper and

salt; *or* finely chopped parsley, green onions, chives and herbs: *also*, for maigre dinners, lobster meat, shrimps or the soft parts of oysters may be pounded, seasoned and put into the eggs. A pounded anchovy, and, also, mushroom powder, may be used to flavour omelet.—*Sweet omelets* are made by spreading sweet-meats over the omelet, two or three minutes before it is rolled up. Apples boiled to a pulp and sweetened, may be spread over. Potatoe flour, about a table-spoonful, is sometimes added to the eggs.—In England wheaten flour is sometimes used in making omelets.

Eggs to Poach.

Boil some spring water, skim it, and put in a table-spoonful of vinegar. Break off the top of the egg with a knife, and let it slip gently into the boiling water, turning the shell up over the egg, to gather in the white; this is said to be a better way than first breaking the egg into a cup, and then turning it into the water. Let the sauce-pan stand by the side of the fire till the white is set, then put it over the fire for two minutes. Take them up, with a slice; trim them, and serve on toasts, spinach, brocoli, sorrel, slices of broiled ham, or in the centre of a dish, with pork sausages round.

Eggs to Fry.

Melt a piece of butter in a frying-pan, and slip the eggs in.—*Or*: lay some thin slices of bacon (not affected with rust), in a dish before the fire, to toast; break the eggs into tea-cups, and slip them gently into fresh boiling lard, in a frying-pan. When done, which will be in little more than two minutes, lay each one (first trimming the white) on a slice of the bacon. Make a sauce of a little weak broth, cayenne, made mustard and vinegar.

Eggs to Butter.

Beat 12 eggs well, in a bason, with 2 table-spoonfuls of gravy; melt $\frac{1}{4}$ lb. butter, stir the eggs and this together, in a bason, with a little pepper, salt, and a finely minced

onion, if liked. Pour this mixture backwards and forwards from one bason to another, then into a stew-pan on the fire, and stir constantly with a wooden spoon, to prevent burning. When the eggs are of a proper thickness, serve them on a toast.

Eggs to Ragout.

Boil 8 eggs hard, take off the shell, cut them in quarters. Have ready a pint of gravy, well seasoned and thickened, and pour it hot over the eggs.—*Or*: melt some butter, thicken with flour, season with nutmeg and mace, add a tea-cupful of cream, and pour hot over the eggs.

Swiss Eggs.

Put a piece of butter the size of a small egg into a sauce-pan, grate upon it $\frac{1}{4}$ lb. cheese, a little nutmeg, a little parsley and chives finely chopped, and $\frac{1}{2}$ a glass of white wine. Stir it over a slow fire, till the cheese is melted; then mix in it, 6 eggs well beaten, set it on the fire again, and keep stirring till they are done. Serve in the centre of a small dish, with toasted sippets round.

Scotch Eggs.

Boil 5 eggs hard, as for salad, peel and dip them, first in beaten egg, then in a forcemeat of grated ham, crumb of bread and spices. Fry these in clarified dripping, and serve in gravy. *Or*, in white sauce.

Eggs à la Tripe.

Peel, slice, and fry in butter, 3 or 4 spanish onions; when these are done, dust in some flour, and let it catch, to a light brown, put in a little hot milk, salt and pepper, and let the sauce reduce; put to this 12 eggs, boiled hard, some in quarters, and some in slices, mix them gently with the sauce, and serve them. A tea-spoonful of made mustard may be added.

Eggs à la Maître d'Hotel.

The same as the last, only instead of milk, put a good lump of butter, and finely chopped parsley.

Fondu.

Mix an equal quantity of grated parmesan and good Gloucester cheese, add about double the weight in beaten yolk of egg and cream, or melted butter; beat all well together, add pepper and salt, then put to it, the whites of the eggs, which have been beaten separately; stir them lightly in, and bake in a deep tin dish, or in paper cases, but fill only half full, as it will rise very much. Serve quite hot.

Ramakins.

Beat an equal portion of Gloucester and Cheshire cheese together, in a mortar, with the crumb of a french roll which has been soaked in milk, and the yolks of 3 eggs; season with salt and pepper, and when beaten to a paste, put in the whites of 2 eggs, and bake them in saucers, in the dutch oven.—*Or* : roll paste out thin, lay a thin slice of cheese on it, cover with paste, and bake them like puffs. To be served *quite hot*.

Asparagus and Eggs.

Beat 4 or 5 eggs well, with pepper and salt. Cut some dressed asparagus into pieces the size of peas, and stir into the eggs. Melt 2 oz. of butter, in a small stew-pan, pour in the mixture, stir till it thickens, and serve hot on a toast.

Mushrooms and Eggs.

Slice and fry some large onions and a few button mushrooms; drain them well; boil some eggs hard, and slice them; simmer in good gravy, or in melted butter, with pepper, salt, mustard and eschalot vinegar.

Devils.

These are made of legs, rumps, backs and gizzards of cold turkey, goose, capon, and all kinds of game, venison, mutton, kidney, biscuits and rusks. The meat must be well scored, that the seasonings may find their way into it: and they are as follows; salt, pepper, cayenne, curry, mushroom, truffle and anchovy powder; and must be used according to the taste of the person for whom they are provided. Devils must be broiled, over a quick strong fire, and served dry, if to eat with wine; but may be served with anchovy, or any *picquant* sauce. They should be sent to table in a hot water dish.—*Biscuits* are transformed into devils by being first spread with butter, then heated before the fire and sprinkled with the seasonings.

Anchovy Toasts.

Cut slices of bread rather thin, without the crust, and fry them in butter. Then spread them with pounded anchovies mixed with butter.

Sandwiches.

Properly prepared these are nice things, and form a pretty dish. The bread should be twenty-four hours old, and cut in thin slices with a sharp knife. Various things are used to make sandwiches. Slices of cold roast or boiled beef, ham, or tongue, or either of the last two grated or scraped; also German or pork sausage, anchovies and shrimps: forcemeat, and all kinds of potted meat. Some persons cut the meat in very little pieces, and spread them over the bread; a mixture of ham and chicken in this way makes delicate sandwiches: or of ham and hard boiled yolk of egg, but the latter must be quite fresh.—The sandwich must be seasoned with salt, mustard or curry powder, according to the meat of which it is composed.—Cheese sandwiches are made thus: 2 parts of grated parmesan or Cheshire cheese, one of butter, and a small portion of made mustard; pound them in a

mortar; eover slices of bread with a little of this, and over it lay thin sliees of ham, or any eured meat, cover with another sliee of bread, and press it lightly down; cut these sandwiehes small.

Maccaroni.

Boil 2 oz. in good broth or gravy, till tender; then put to it a small pieee of butter, and a little salt, give it a turn in the stew-pan, and put it in the dish. Scrape parmesan, stilton, or any other dry rich eheese over, and brown it before the fire.—*Or:* mix a pint of milk and a pint of water, put in it 2 oz. macearoni, and let it simmer slowly three hours, till the liquor is wasted, and the maecaroni tender. Add some grated cheese, a little salt and cayenne, mix well, and brown it before the fire. Maecaroni boiled in plain water with a little salt, till tender, and the gravy of roast or boiled meat, or a little good broth poured over it, is very light and nourishing for an invalid.

Maccaroni Maigre.

Mix together a pint of milk, and a pint of water, add to it 2 oz. of maecaroni, and let it simmer slowly three hours till the liquor is wasted. Add some grated eheese, a little salt, and eaycnne. Mix it well, put into a dish, and brown before the fire.

Toast and Cheese.

Cut a sliee of stale bread half an inch thiek, without the erust, and toast it, then butter one side and lay on some thin sliees of fat toasting cheese; put it into a eheese toaster before the fire, and, when done, lightly pepper and salt it, and serve directly, with mustard.

Welsh or Scotch Rabbit.

There are many different receipts for this, and the following is a good one. Mix some butter with grated eheese (unless that be so fat of itself that the butter is not required), add salt, pepper, made mustard and a tea-cup-

ful of brown stout or port wine; put this into a cheese toaster, stir till the cheese be dissolved, then brown and serve it quite hot; serve toasts in a separate dish.—There is a toaster in which the cheese is cooked in a short time over hot water.

CHAPTER XVI.

STUFFING AND FORCEMEAT.

FROM want of skill in preparing the stuffing for hare, veal and turkey, they are frequently spoiled for the connoisseur in good eating. No precise directions can be given for the quantities of flavouring ingredients to be used, because what is disagreeable to one palate may be indispensable to another one. Experience and practice will teach a cook the art of forcemeat making. It ought to be firm enough to cut with a knife, but not at all heavy; and care must be taken that no one flavour predominates, but the whole so blended, that the proper zest be given, without too much poignancy. So many flavouring ingredients may be used, that by judicious management a cook may vary her stuffings and forcemeats to almost any variety of dishes. Some like the flavour of onions, thyme, and other herbs, to be very strong, while others dislike even a very little of either. Onion is much milder for being parboiled before it is used. Some think the flavour of eschalot preferable to that of onion.—Suet is indispensable; but, if it cannot be obtained, beef marrow, or good fresh butter, are the best substitutes.—Bread crumbs are better soaked in milk, than when grated dry; but in the former case their quantity must be judged of by their bulk, not by their weight: the bread should always be stale. Sweetbreads make the most delicate forcemeat, flavoured with tongue.

Stuffing and forcemeat require to be well pounded in a mortar. It is said that the cause of French superiority in forcemeat, is their perseverance in mixing it.

The following flavouring ingredients may all be used.

Ham.	Cayenne.
Tongue.	Cloves.
Eggs, boiled hard.	Curry powder.
Anchovy.	Onion.
Oysters.	Parsley.
Pickled ditto.	Tarragon.
Lobsters.	Savory.
Mushrooms.	Knotted marjoram.
Truffles.	Thyme and lemon thyme.
Morels.	Basil.
Salt.	Sage.
White pepper.	Lemon peel.
Jamaica pepper.	Chervil.
Nutmeg.	Garlic.
Mace.	Eschalot.
Mushroom powder.	

Forcemeat for Veal, Turkey, Fowls or Rabbits.

Scrape fine 2 oz. of lean undressed veal, the same of ham, beef or veal suet, and bread crumbs; add some parsley, a very little salt, pepper, and a little nutmeg or mace well pounded: pound this well, and add the yolk of an egg to bind it. Add, if you like, a little onion, parboiled and finely chopped: sweet herbs may be added, according to taste. For *boiled* turkey, the soft part of a dozen oysters, or an anchovy may be added.

Note.—Room should be given for stuffing to swell.

Stuffing for Goose or Duck.

Mix together 4 oz. bread crumbs, 2 oz. onion, $\frac{1}{2}$ oz. sage leaves, and pepper and salt.—*Or*: the liver, some bread crumbs, butter the size of a walnut, a sage leaf or two, a sprig of lemon thyme, pepper and salt.

For Hare.

About 2 oz. beef suet, 1 drachm of parsley leaves, the same of marjoram, lemon thyme, lemon peel, $\frac{1}{2}$ a drachm of eschalot, the same of nutmeg, pepper and salt; (an anchovy, and cayenne if you choose,) mix it with an egg,

but it must be a stiff stuffing. The liver may be parboiled, minced, and added to it.

Forcemeat Balls for Made Dishes.

Use the forcemeat directed for *mock hare*.—*Or*: pound a piece of veal with an equal quantity of udder, or a third part the quantity of butter; put some bread crumbs into a stew-pan, and moisten them with milk; let this warm (or soak a piece of bread in warm milk), then mix in a little chopped parsley and eschalot, pound it together to be a smooth paste; rub through a sieve, and when cold mix it with the veal and udder, and the yolks of 3 hard boiled eggs; season with salt, pepper, curry powder or cayenne, add the raw yolks of 2 eggs, and mix all well together in a mortar. Make into small balls, to fry, or boil in soup or any other dish.

Egg Balls.

Boil 4 eggs ten minutes and put them into cold water; when quite cold, put the yolks into a mortar with the raw yolk of an egg, a tea-spoonful of flour, some finely chopped parsley, a little salt, black pepper and cayenne; rub well together, roll into small balls, and boil them two minutes.

Curry Balls.

Bread crumbs, hard boiled yolk of egg, and fresh butter, all beaten well in a mortar, and seasoned with curry powder. Boil two minutes.

Stuffing for a Pike.

Grated bread crumbs, what herbs you like, about 2 oz. beef suet, some salt, pepper, mace, $\frac{1}{2}$ pint of cream and the yolks of 4 eggs; mix well, and stir over the fire till it thickens.

Fish Forcemeat, for fish Soups or Pies.

Put about 2 oz. of either turbot, sole, lobster, shrimps

or oysters free from skin, into a mortar with 2 oz. of fresh butter, 1 oz. bread crumbs, the yolks of 2 eggs boiled hard, a little eschalot, grated lemon peel, and parsley, minced fine; season with salt and cayenne. Break in the yolk and white of one egg, mix well, and add an anchovy pounded.

CHAPTER XVII.

GRAVIES AND SAUCES.

READ the directions for making stock for soup.

A good cook will never be without stock or broth to make gravy, for she will preserve all bones and trimmings of the meat, poultry and game; also all liquor in which meat (unsalted), and poultry have been boiled, and, by judicious management, she will never have to buy meat expressly for the purpose. But where this does happen, the following receipts may be recommended.

Sauces in which cream and eggs are mixed, must be constantly stirred to prevent their curdling; the same precaution must be observed when capers or other acids are used in sauces.—Cream should always be heated first, and then stirred in by degrees.—The greatest nicety is required in thickening every kind of gravy, for upon this greatly depend both look and taste. The common method is to rub flour in butter; but the French *roux* is a better preparation.

The following is a list of store sauces, very convenient keep in the house to flavour hashes and stews. A bottle of each would last a long time, even where there is much cooking, and the cost not very great.—The basis of all sauces for made dishes of fish, is soy and chili vinegar.—A little practice and *great attention* will enable a cook to use these judiciously, so that they may suit the dish, and also the taste of her employers. Some like a combination of many flavours, others prefer only one, or two at most.

Camp Sauce.
Gloucester Sauce.
Harvey's Sauce.
Oude Sauce.
Reading Sauce.

Essence of Shrimps.
Oyster Catsup.
Walnut Catsup.
Mushroom Catsup.
Chili Vinegar.

Universal Sauce.	Eschalot Vinegar.
Essence of Anchovy.	Tarragon Vinegar.
Essence of Lobster.	Lemon Pickle.

Gravy ought to be perfectly clear and entirely free from fat; it must be judiciously flavoured, to suit the dish it is intended for; and that always sent to table hot; if in a tureen, that ought to be covered.

White Roux.

Melt slowly, over a cool fire, some good butter in a little water, then stir in some fine, well dried flour (in the proportion of 1 lb. of flour to 1 lb. of butter); stir till it is as thick as paste, then let it simmer a quarter of an hour, stirring all the time, or it will burn. This will keep, in a cool place, two or three days.

The common mode of browning soup and gravy with burnt sugar is not so good as the use of browned flour, but it is prepared thus: put $\frac{1}{4}$ lb. of fresh butter with $\frac{1}{2}$ lb. of lump sugar into a saucc-pan, shake it often, and when of a clear brown bottle it for use.

To Brown Flour.

Spread flour on a plate, set it in the oven, or before the fire, and turn often, that it may brown equally, and any shade you like. Put it by in a jar for use.

Brown Roux.

Melt butter very slowly, and stir in browned flour; this will not require so long to cook as white *roux*, because the flour has been browned. It will keep 2 or 3 days.

When you use either of the above, take the quantity you wish to use (a table-spoonful is enough for a tureen of soup), pour a little of the soup or gravy to it, mix it well, then put a little more, mix it quite smooth, then put it to the whole.

The basis of most English sauces is melted butter, yet English cooks do not excel in melting butter. The general

fault is, a deficiency of butter; and poor, white, watery melted butter, is an unsatisfactory object on a table.

To Melt Butter, the French Sauce Blanche.

Break the butter, which ought to be very good, in small pieces, into a quite clean sauce-pan, with some thin sweet cream, or milk, milk and water, or water alone; dredge some fine dried flour over, hold the sauce-pan over the fire, toss it quickly round (always one way) while the butter melts, and becomes as thick as very thick cream; let it just boil up, turn the sauce-pan quickly and it is done.

Butter which is to have oysters, shrimps, lobsters, eggs, or any such thickening ingredient, should be made rather thin, and if to be rich, a great proportion of sweet cream. If catsup or any flavouring ingredient is to be added, let the butter be melted with water only, and the ingredient be stirred in, by degrees, just before you send it to table.

To Oil Butter for Salad.

Put a *very* little water in a sauce-pan with a large piece of butter, or, perhaps, no water at all. Set it by the side of the fire, and it will oil of itself. Pour it from the milky sediment.

To Brown Butter.

Toss a lump of butter in a frying-pan, over the fire, till it becomes brown. Skim, then dredge some browned flour over it, and stir round with a spoon till it boils; it ought to be quite smooth. This, adding cayenne and some flavouring vinegar, is a good fish sauce.

Parsley and Butter.

Tie the parsley in a bunch, and boil it in salt and water, five or ten minutes, according to its age; drain it, cut off the stalks, mince the rest very fine, and stir into melted butter.

Fennel, basil, burnet, cress, chervil and tarragon in the same way. When the fresh vegetable cannot be procured, celery or parsley seeds should be boiled in the water which is to be used with the butter.

To Draw Plain Gravy.

To 1lb. of gravy beef, notched and floured, put $1\frac{1}{2}$ pint cold water; scum carefully, and let them stew gently, till the juice is all extracted from the meat, and about half an hour before it is done, put in a piece of crust of bread. When done, strain and clear it from the fat, and pour it again into a sauce-pan to thicken. Do this, with butter rolled in flour, and season with salt, and black or cayenne pepper. An ox melt, scored, makes excellent gravy in this way.

Beef Gravy.

This, the basis of many rich sauces, is made of lean juicy meat. Cut about 4 lbs. into thin slices, and score them; place a slice of raw bacon or the knuckle of a ham at the bottom of a stew-pan, lay the beef upon it, and some bits of butter; add half a large carrot, 3 onions, half an eschalot, and 3 small heads of celery, all cut up; also a small bunch of sweet herbs. Set it over the fire to brown, shaking the sauce-pan occasionally, that the meat may not stick. In half an hour the juices will be drawn; then put in the quantity of boiling water required. Let it be well scummed, and when that is no longer necessary, wipe the edges of the sauce-pan and lid, and cover close. Let it simmer nearly three hours, by the side of the fire; it should stand to settle, then strain it into an earthen vessel, and put it by in a cool place.

Savoury Gravy.

Line the stew-pan with thin slices of ham or bacon, and on them put 3 or 4 lbs. of fillet of veal in slices, a carrot and an onion, and moisten this with a tea-cupful of broth. The juices will form a glaze. Take the veal out on a dish, pick it all over, put a little more broth (or boiling water,

if you have no broth), add some young onions, parsley and sweet herbs to taste, also celery, cayenne, a bay leaf, mushrooms, and garlick, if you like; and after it has been scummed, simmer very gently. Strain, and then stand it in a cool place. This gravy may be enriched and flavoured at the cook's discretion. Wine, flavoured vinegar, truffles, morells, curry powder, tarragon, anchovy, pickled mushrooms and oysters, may also be used according to the dish it is required for.—Some cooks think 3 or 4 carrots and as many onions are required, where I have directed only 1 of each.

White Gravy Sauce.

Part of a knuckle of veal, and some gravy beef. (The quantity of meat must depend upon the degree of richness required.) Cut it in pieces, and put it in a stew-pan, with any trimmings of meat or poultry. Moisten with broth or water, and add 3 carrots, 4 or 5 onions, parsley, thyme, and chopped mushrooms, if convenient. Let the meat heat through, without burning, and prick it, to let the juices flow. When the knuckle is sufficiently cooked to serve at table, take it out, let the stew-pan stand by the fire a few minutes, skim the fat off the sauce, strain, and boil it again till it reduces to the quantity you require; thicken it well, with white *roux* (it can be thinned afterwards), boil it again, and skim if needful; keep stirring, lifting it continually in a spoon and letting it fall, to make it smooth and fine. Sweet thick cream is an elegant substitute for white *roux*, in this sauce.—*Or*: take 2 lb. of lean gristly veal, and $\frac{1}{4}$ lb. lean bacon or ham, in little bits; put this into a stew-pan, in which some butter has been melted, let the gravy flow, but not the meat brown. Mix 2 table-spoonfuls of potatoe or fine rice flour, very smooth, with a little water, put it into a stew-pan, with a quart or 3 pints of veal broth, or water, or good sweet milk; also an onion, a little bunch of parsley and lemon thyme, a piece of lemon peel and a tea-spoonful of white peppercorns; let it stew very slowly an hour and three quarters, then stand a few minutes to settle, strain it, add a tea-cupful of sweet cream, boil it up, and strain again.—A nice sauce for boiled fowls is made of thin veal

broth, seasoned as above, and good milk, then thickened with the yolk of an egg stirred in, just before you send it to table.—Mushrooms may be put in this sauce.—*Another* very good sauce for boiled fowls, veal, rabbits and fricassees, may be made as follows : to $\frac{1}{2}$ pint of the liquor in which either of these have been boiled, put an onion sliced, a small bunch of parsley, lemon thyme and basil, a little pounded mace, nutmeg, and a few white peppercorns. Strain and boil it up again with a piece of butter rolled in flour, and at the last a little thick cream. If for boiled fowls, put the peel of a lemon in this, and add the juice at the last.

Gravy without Meat.

Slice a large onion, flour, and fry it with a piece of butter; put into a sauce-pan with a breakfast-cupful of good fresh beer, the same of water, a few peppercorns, a little salt, grated lemon peel, 2 or 3 cloves, and a table-spoonful of catsup. Simmer nearly half an hour, then strain it. An anchovy may be added.

Gravy that will keep a Week.

Put some lean beef, in thin slices, into a stew-pan with 3 oz. butter, and what herbs and roots you like, strewed over : cover close, and set it over a slow fire. When the gravy is drawn, keep shaking the stew-pan backwards and forwards several minutes, that it may dry up again, then put in as much water as you require to have gravy, let it simmer an hour and a half. Keep it in a cool place. A thin slice of lean ham may be added.

Jelly for Cold Meat.

May be made of the knuckle of a leg or shoulder of veal, or a piece of the scrag and 2 or 3 shanks of mutton, or cow heels. Put the meat, a slice of lean ham or bacon, some herbs, 2 blades of mace, 2 onions, a tea-spoonful of jamaica peppers bruised, the same of black pepper, and a piece of lemon peel, into a stew-pan ; cover with about 3 pints of water, and let it boil ; then scum well and let it

simmer till the liquor is quite strong : strain it, and when nearly cold take off all the fat. Put it rough round cold poultry or veal. This is eaten with cold meat pies.

Savoury Gravy for Venison.

Make a pint of good gravy, of the trimmings of venison, or of mutton shanks ; the meat should be browned first in the frying-pan, then stewed very slowly, in sufficient water to make the quantity of gravy required ; scum carefully, and strain it when done : add salt, pepper, walnut pickle and a glass of port or claret.

Mutton Gravy, for Venison or Hare.

Cut a scrag of mutton in pieces, and broil rather brown ; put them into a clean stew-pan, with a quart of boiling water ; cover close and simmer gently for an hour : uncover the stew-pan, and let it reduce to $\frac{3}{4}$ pint ; pour it through a hair sieve, take all the fat off very carefully, add a little salt, and send it quite hot to table.

Orange Gravy Sauce, for Game, and Wild Fowl.

Prepare a pint of clear good veal broth ; put into it an onion, 12 leaves of basil, a large piece of orange or lemon peel, and let it boil slowly ten minutes ; then strain, and put it back into the sauce-pan, with the juice of either a seville orange or lemon, $\frac{1}{2}$ a tea-spoonful of salt, the same of pepper, and a glass of port. Serve quite hot. A little cayenne may be added, unless it is the practice to introduce it into cuts in the breast of the birds, at table.

Relishing Sauce for Goose, Duck or Pork.

Take 2 oz. of sage leaves, 1 oz. lemon peel (both fresh), 1 oz. minced eschalot, the same of salt, $\frac{1}{2}$ a drachm of cayenne and of citric acid. Steep them in a pint of claret, a fortnight, shaking it well every day. Let it stand a day and night to settle, then strain into a clean bottle, and cork it close. A table-spoonful, to $\frac{1}{4}$ pint gravy or melted butter, heat it up, and serve quite hot.—*Another*, to

make at once, is as follows : a tea-spoonful of made mustard, $\frac{1}{2}$ tea-spoonful of salt, a little cayenne, and a wine glass of port or claret ; stir this into a $\frac{1}{4}$ pint of good melted butter or gravy. *Or* : the mixture may be heated by itself and poured into the goose, by a slit made in the apron, just before you serve it.

Sauce Robert, for Broils of every kind.

Put about 1 oz. butter into a sauce-pan, with $\frac{1}{2}$ a middling sized onion, minced very fine ; shake the sauce-pan frequently, or stir the butter with a wooden spoon, till the onion be of a light brown. Rub smooth a table-spoonful of browned flour into a little broth or water, add a little salt and pepper, a table-spoonful of port wine, the same of mushroom catsup, and put this into $\frac{1}{2}$ pint more of broth or water, and then into the sauce-pan with the onions ; give it a boil, add a tea-spoonful of made mustard, the juice of $\frac{1}{2}$ a lemon, and 1 or 2 tea-spoonfuls of basil, tarragon, burnet, or any other vinegar.

Liver Sauce for Fowl.

Parboil the liver, and mince it fine ; pare a lemon thin, take off the white part, and cut the lemon in small bits, picking out the seeds ; mince a quarter part of the peel very fine, and put it, with the lemon, the minced liver, and a little salt, to $\frac{1}{2}$ pint of melted butter. Heat it over a gentle fire, but if it boil it will become oily. Parsley may be chopped with the liver.

Egg Sauce for Poultry and Salt Fish.

Boil 3 or 4 eggs hard, dip in cold water, and roll them under your hand that the shell may come off easily. Chop the whites and yolks separately, stir first the whites, and then the yolks, into boiling hot melted butter. Serve directly.

Grill Sauce.

To $\frac{1}{2}$ pint of clear drawn gravy, add 1 oz. fresh butter

rubbed smooth in flour, a table-spoonful of mushroom cat-sup, 2 tea-spoonfuls of lemon juice, $1\frac{1}{2}$ spoonfuls of made mustard, the same of finely minced capers, 1 tea-spoonful of essence of cayenne, $\frac{1}{2}$ a tea-spoonful of black peppers, and a little chili vinegar or cayenne ; simmer this a few minutes, pour some over the grill, and send the rest to table in a tureen.

Mushroom Sauce.

Wash well, and pick, a small bason full of small button mushrooms, take off the thick skin, and stew them in a little veal broth, with pepper, cayenne, salt, mace and nutmeg, also a piece of butter rolled in flour, or arrow root, enough to thicken the sauce. Stew gently, till tender, stirring occasionally. When done, keep the sauce hot, and pour it over fowls, veal, or rabbit.—*Or* : stew the mushrooms in thin cream, instead of broth, and thicken as above. Mushrooms pickled (white), may be fried to make this sauce, instead of fresh ones.

Celery Sauce, for Boiled Turkey and Fowls.

Cut a young head of celery into slices of about $1\frac{1}{2}$ inches long, strew over a seasoning of salt, a very little white pepper, nutmeg and mace, then simmer the celery till quite tender in weak broth, or water. Thicken with a good sized piece of butter rolled in white flour. The juice of a lemon may be added, when the sauce is ready. It is either poured over the fowls, or served in a tureen. Celery sauce may be made brown, by thickening with browned flour, and adding a glass of red wine.

Tomata Sauce.

Put the tomatas into a jar, and place it in a cool oven. When soft, take off the skins, pick out the seeds, beat up the pulp, adding a capsicum, a clove of garlic, a very little ginger, cayenne, white pepper, salt and vinegar ; rub it through a sieve, then simmer it a very few minutes. A little of the juice of beet-root will improve the colour—*Or* : stew them in a little weak broth or water with salt

and pepper, when done, pass them through a rather wide sieve, add some butter, stir well and serve it hot.

Apple Sauce.

Pare, core, and slice the apples (if large 4 or 5) and boil them gently, in a sauce-pan, with a very little water, to keep them from burning; add lemon peel to taste. When the apples are soft, pour off the water, and beat them up, with a small bit of butter and some sugar.—*Or*: to some tastes, beat up the apples without these latter.

Gooseberry Sauce.

Cut off the tops and tails of a breakfast-cupful of gooseberries; scald them a few minutes, then stir them into melted butter.—*Or*: mash the gooseberries after they are scalded, sweeten to taste, and serve, without butter.

Cucumber Sauce.

Pare the cucumbers, slice, and cut them in small picces, stew them in thin broth or melted butter; when boiled tender enough, press them through a sieve into melted butter, stir, and heat it up. This may be seasoned with mace, nutmeg, lemon peel, and finely grated ham. But a dish of stewed cucumbers answers the purpose.

Onion Sauce.

Peel 12 onions, and lay them in salt and water a few minutes, to prevent their becoming black. Boil them in plenty of water, and change the water once. When done, chop fine, and rub them with a wooden spoon, through a sieve; stir this pulp into thin melted butter, or cream, and heat it up. The onions may be roasted, then pulped, in place of being boiled. A very little mace, or nutmeg, may be added to onion sauce which has cream in it. Brown onion sauce is made by frying, in butter, some sliced, spanish onions; simmer them in good brown gravy, or broth, over a slow fire, add salt, pepper, cayenne, and a piece of butter, rolled in browned flour. Skim the sauce, add $\frac{1}{2}$ a glass of

port or claret, and the same of mushroom catsup, or a dessert-spoonful of walnut pickle, or eschalot vinegar. Some think it makes the sauce milder to boil a turnip with the onions.

Eschalot Sauce.

Chop very fine enough eschalot to fill a dessert-spoon, and scald it in hot water, in a sauce-pan, over the fire; drain, and put it into $\frac{1}{2}$ pint of good gravy or melted butter, add salt and pepper, and when done, a large spoonful of vinegar.—*Or*: stew the eschalots in a little of the liquor in which mutton has been boiled, thicken with butter rolled in flour, add a spoonful of vinegar, and this is good sauce for the mutton.

Sauce Partout.

Take 1 pint of walnut pickle liquor, the same of catsup, $\frac{1}{2}$ pint of white wine, $\frac{1}{2}$ lb. anchovies unwashed, 2 cloves of garlick, 1 stick of horse-radish, a faggot of sweet herbs, the rind of a lemon, and as much cayenne pepper as will cover a sixpence. Boil slowly all together till the anchovies are dissolved. Strain and bottle it for use.

Chetna Sauce.

Pour heated vinegar over 12 eschalots, let it stand twelve hours, then strain and add $\frac{1}{2}$ pint of walnut, and $\frac{1}{2}$ pint of mushroom catsup, 2 wine-glassfuls of soy, a tea-spoonful of cayenne, $\frac{1}{2}$ a tea-spoonful of black pepper, and 2 table-spoonfuls of chili vinegar: boil five minutes, then bottle and rosin it.

Carrier Sauce, for Mutton.

Boil some chopped eschalots in gravy, seasoned with salt and pepper, and flavoured with vinegar.

Horse-radish Sauce.

Scrape fine, or grate, a tea-cupful of horse-radish, add

salt, and a little cupful of bread crumbs, stew this in white gravy, and add a little vinegar.---This sauce may be made brown by using browned gravy; a tea-spoonful of made mustard is an improvement. Vinegar may be used alone, instead of gravy.---*Or*: to 3 table-spoonfuls of cream put 2 table-spoonfuls of vinegar, 1 tea-spoonful of made mustard, a little salt, and some grated horse-radish.

Mint Sauce.

Wash and pick some young mint, and mince the leaves very fine; mix them with fine powdered sugar, put these into the sauce tureen, and pour good white vinegar over.

Sauce for Cold Meat.

Chop some eschalots, parsley and mint, and put to them an equal portion of good salad oil and vinegar, and a little salt.—*Another*; chopped parsley, vinegar, oil, and a tea-spoonful of made mustard.—*Another* is, to add to either of these an equal portion of tarragon and chervil.

Coratch Sauce.

Half a clove, or less, according to taste, of garlick pounded, a large tea-spoonful of soy, the same of walnut pickle, a little cayenne, and a little good vinegar.

Miser's Sauce.

Chop 2 onions, and mix them with pepper, salt and vinegar, and a little melted butter.

Poor Man's Sauce.

Mince a little parsley and a few eschalots, and stew them in broth or water, with a few peppercorns; add a little vinegar when done. Good with broils of poultry and game.

Sauce for Roast Beef.

Mix $1\frac{1}{2}$ table-spoonfuls of finely grated horse radish with a dessert-spoonful of made mustard, the same of brown sugar; add vinegar sufficient to make it as thin as made mustard.

Lemon Sauce.

Pare a lemon, and take off all the white part; cut the lemon in thick slices, take out the seeds, and cut the slices into small pieces; mix them by degrees, into melted butter, and stir it, that the butter may not oil.

Caper Sauce.

Mince 1 table-spoonful of capers very fine, and another one not so fine, put a spoonful of good vinegar to them, and mix all into $\frac{1}{2}$ pint of melted butter, or gravy. Stir it well or it may oil— This is good saucc for fish, with a little of the essence of anchovies.---A very good substitute for capers, is made by chopping pickled gherkins or nasturtiums or radish pods: a little lemon juice will improve these.—Walnut sauce made in the same way, is good with boiled mutton.

Bread Sauce.

Put a small tea-cupful of grated bread crumbs into a small sauce-pan, and sufficient to moisten them of the liquor in which fresh meat, or poultry, has been boiled; let it soak, then add a small onion, a little salt, mace, and 6 or 8 peppercorns. Beat it up, from time to time, and when the bread is smooth and stiff, take out the onions and peppercorns, and put to the sauce 2 table-spoonfuls of cream. Some persons add cayenne, a *little*.

Rice Sauce.

By some preferred to bread sauce. Wash and pick 2 oz. rice, and stew it in milk, with an onion, a little salt.

and 6 or 8 peppereorns. When tender, take out the onion and peppereorns, rub the rice through a eullender, and heat it in milk, cream, or melted butter.

Sweet Sauce.

Melt some white, or red currant jelly, with a glass or two of red, or white wine. Or, send the jelly to table in glasses, or glass dishes.

Sharp Sauce.

Melt $\frac{1}{4}$ lb. of loaf sugar or sugar candy in $\frac{1}{2}$ pint of champaigne vinegar; take off the skim as the sugar dissolves.

A Good Store Sauce, for Ragouts, &c. &c.

To a $\frac{1}{4}$ pint good mushroom eatsup, add the same of walnut eatsup, of eschalot and basil wine, and of soy, 1 oz. of sliées of lemon peel, 1 draehm of conerete of lemon, a wine-glassful of the essence of anehovies, 1 drachm of the best cayenne, and 2 wine-glassfuls of tarragon or eschalot vinegar. Let these infuse for ten days, then strain and bottle for use; 2 table-spoonfuls will flavour a pint of gravy.

Another, for Roast Meat, Steaks, or Chops.

Take $\frac{1}{2}$ pint of either mushroom or oyster catsup and the same of walnut pickle, add $\frac{1}{2}$ oz. jamaica pepper in powder, the same weight of scraped horse-radish and of minced eschalot, and 4 grains cayenne. Infuse these for ten days, strain and bottle for use. A table-spoonful or two, according to the quantity of gravy, will be a great improvement. Melted butter flavoured with this is very good to pour over steaks or chops.

Another, to flavour either Gravy, or Butter.

Chop a clove of garliek, 6 eschalots, a bay leaf or two, a few sprigs of lemon thyme, a few leaves of basil, and 2 or

3 pieces of seville orange peel; beat these in a mortar with $\frac{1}{4}$ oz. each, of mace and cloves, $\frac{1}{2}$ oz. long pepper, 2 oz. salt, and the juice of 2 lemons; put all into a stone jar with a $\frac{1}{4}$ pint of good vinegar and a pint of madeira. Stop the jar quite close, and let it stand in a cool oven, or in hot water, six or eight hours. Strain, keep back the sediment, and bottle close. One spoonful will be enough for a pint of gravy, or of melted butter.

Sauce for Tench.

To $\frac{1}{2}$ a tea-cupful of gravy add an equal quantity of white wine, 2 anchovies, 2 eschalots and a small piece of horseradish: simmer till the anchovies are dissolved, then strain and thicken it; add a tea-cupful of cream, also a little lemon juice.

A Good Store Sauce for Fish Stews, &c.

To 1 pint of sherry add $\frac{1}{2}$ pint of walnut pickle, $\frac{1}{4}$ pint of soy, $\frac{1}{4}$ pint of lemon pickle, 1 pint of white wine vinegar, a wine-glassful of eschalot and the same of chili vinegar, $\frac{3}{4}$ pint of essence of anchovy, the peel of 2 lemons, the juice of 1 lemon, 10 eschalots, 10 blades of mace, 2 nutmegs, 12 black and 12 white peppers, some cayenne and mushroom powder: boil these together ten minutes, and when cold strain and bottle it for use.—This is good with all fried fish, and with salmon.

Quin's Store Fish Sauce.

Pound 6 large anchovies, and 6 eschalots, and put to them 2 wine-glassfuls of walnut pickle, the same of claret, 4 of mushroom catsup, $\frac{1}{2}$ a glass of soy, and a little black and cayenne pepper. Let this simmer gently in an earthen pipkin till the bones of the anchovies are perfectly dissolved; then strain, and bottle it for use.

An excellent Fish Sauce.

Chop 6 cloves of eschalot, 4 of garlick, a handful of horseradish and 24 anchovies; put them into 1 pint of white,

and 1 pint of port wine, also 2 wine-glassfuls of soy, the same of walnut catsup and 1 wine-glassful of chili vinegar. Boil well, strain, and when cold, bottle and rosin it.

A Plain Fish Sauce.

Boil in $\frac{1}{4}$ pint water 3 anchovies, 2 onions, and a faggot of herbs, all chopped, a little horse-radish (scraped,) and a large spoonful of vinegar. Boil till the anchovies are dissolved, then strain it, and mix what proportion you like with melted butter, or send it to table in a cruet.

Another.

To 1 quart of port wine put 1 pint of vinegar, $\frac{1}{2}$ lb. anchovies, $\frac{1}{2}$ oz. mace, $\frac{1}{2}$ oz. cloves and $\frac{1}{2}$ oz. whole pepper (these latter bruised and tied in muslin); a small handful of thyme a small stick of horse-radish sliced, a handful of winter savory, and 5 or 6 eschalots. Let this boil up, then simmer very slowly half an hour; but keep the stew-pan covered close. Pour it through a sieve, and when cold bottle it for use, putting in the spice, which should be taken out of the bag. Keep it corked tight. Shake the bottle, and put 3 table-spoonfuls to a tureen of melted butter.

Another.

Simmer, in a little water, a bunch of sweet herbs, an onion, a blade of mace, an anchovy and some black pepper; set it by to become cold, then strain, and stir into it, a table-spoonful of cream, the yolk of an egg, beaten, and a wine-glassful of white wine; keep stirring for a few minutes over the fire, and send it to table.

Lobster Sauce.

A hen lobster is best for sauce. Pound the coral and spawn with a bit of butter, and rub it through a coarse sieve into melted butter, mix smooth, and season with cayenne; then add the meat of the tail, cut in very small dice, and let the sauce heat up, but not boil. A little

anchovy, or catsup, and spices may be added; also a little cream, first heated. Crab sauce in the same way.

Oyster Sauce.

Do not open the oysters till you are ready to make the sauce, then carefully save all their liquor; put it and the oysters into a small sauce-pan, and give them a scald; lift them out on a sieve with a spoon which has holes in it; let the liquor settle, and then pour all but the sediment into good melted butter; beard the oysters, put them into a sauce-pan, and pour the butter over them; let it come nearly to a boil, then stand by the side of the fire till the oysters are tender, for boiling makes them hard. When they are ready, stir in a little cream.—A very little mace, lemon peel, and a tea-spoonful of oyster catsup, or essence of anchovy may be added.

Anchovy Sauce.

Bone and pound 3 anchovies very smooth, with a piece of butter, and stir all into thick melted butter. Add cayenne, soy, essence of anchovy, mustard, horse-radish or vinegar.

Shrimp and Cockle Sauce.

Shell and wash carefully, put them into thick melted butter, let it just boil, and then stand covered, two minutes.

Liver Sauce.

Boil the liver, chop, and put it into rather thin melted butter, let it boil up, then thicken with the yolk of an egg. A tea-spoonful of made mustard, and 1 of catsup or walnut pickle will be an improvement.

Roe Sauce.

Boil 2 or 3 soft roes, take off all the filaments which hang about them, bruise in a mortar with the yolk of an

egg, and stir them in thin parsley, or fennel, and butter; add pepper, salt, and a small spoonful of walnut pickle.

Dutch Fish Sauce.

Boil together equal quantities of water and vinegar, season with pepper and salt, and thicken with beaten yolk of egg; stir the egg in, but do not boil, or it will curdle.

Sauce for Devils.

Thicken some good gravy (made of either fish or meat stock,) with browned flour, till it becomes a batter, add a dessert-spoonful of walnut-catsup, a tea-spoonful of essence of anchovies, the same of made mustard, 12 capers and a bit of eschalot, all finely minced, a tea-spoonful of grated lemon peel, and a little cayenne. Simmer for a minute, pour a little of it over the broil, and serve the rest in a tureen.

Fried Parsley.

After it has been washed and picked, shake the parsley backwards and forwards in a cloth till dry; then put it into a pan of hot fat, and fry it quickly, of a light brown; take it out with a slice the moment it is crisp, but it will be spoiled if done too much. Lay it on a sieve before the fire to drain.

Crisped Parsley.

First wash well, then dry it in a cloth; spread it on clean paper in a dutch oven, before the fire, and turn often until it is crisp.

Fried Bread Sippets.

Cut a slice of bread about a $\frac{1}{4}$ inch thick, and with a sharp knife divide it into pieces of any shape you like. Make some fat quite hot, in the frying-pan, put in the sippets, and fry them of a light brown; take them up with

a slice, and let them drain before the fire, at least ten minutes. Take care the pan be not hot enough to burn, or the sippets will be spoiled.

Fried Bread Crumbs.

The bread should not be less than two days old : rub it into very smooth crumbs, and put them into a stew-pan with some butter ; set it near a moderate fire, and stir them constantly with a wooden spoon, till of a fine light brown ; spread them on a sieve to drain, and stir occasionally. These should be served with roasted sweet-breads, small birds, and game, if approved.

CHAPTER XVIII.

SEASONINGS.

EXCEPT in the matter of plain roasting, boiling, or baking, the test of good cooking is the taste and skill displayed in giving *flavour* to the composition. Care is not all that is required here; there needs some study, and a good deal of practice. No rules can be laid down, except that over flavoured should be avoided as much as possible, and the ingredient be such as suits the compound to be flavoured. When this is not the case, the fault lies in the want of forethought in the housekeeper, who has neglected to provide a sufficient *variety* of seasonings. The trouble required to do this, at the proper times, is amply compensated for, by not being reduced to the alternative of having to send a servant out, just at the very moment when she can least be spared, or of letting the ragout be spoiled, for want of some trifling addition, which ought to have been in the *Store Room*.

Many prefer cayenne made from English chilies to any other: they are in season during September and October; cut off the stalks, and lay them before the fire to dry: twelve hours will not be too much. When quite dry, pound them in a mortar with one fourth their weight in salt, pound and mix these together, till they are as fine as possible, and put the mixture into a close stopped bottle.

Before spices are rubbed into meat, they should be pounded, and well mixed. For the convenience of the cook they may be kept prepared in the following manner.

Kitchen Pepper.

Fill some little square bottles with an equal quantity of finely ground or pounded ginger, nutmeg, black pepper, allspice, cinnamon and cloves. Keep these corked

tightly, and when "kitchen pepper" is required, take the proper proportion of each, and mix them together, with good common salt. For *white sauces*, use white pepper, nutmeg, mace, lemon peel (dried), ginger and cayenne; they must be pounded or grated and kept in the same way.

Savoury Powder.

1 oz. of salt, $\frac{1}{2}$ oz. mustard, $\frac{1}{4}$ oz. allspice, $\frac{1}{4}$ oz. ginger, $\frac{1}{4}$ oz. nutmeg, $\frac{1}{2}$ oz. black pepper, $\frac{1}{2}$ oz. lemon peel, and 2 drachms cayenne; grate and pound well together, pass the mixture through a fine sieve, and bottle it for use.—Some persons leave out the allspice and ginger, substituting mace and cloves.

Curry Powder.

Take 12 oz. of coriander seeds, 2 oz. cummin seeds, 1 oz. fenugreek seeds, 1 oz. ginger, 1 oz. black pepper, 4 oz. cayenne, and 2 oz. pale turmeric. Pound the whole and mix well together. Put these ingredients before the fire, stir and rub them frequently, till quite dry. Then set them by to get cold, rub through a hair sieve, and put them into a dry bottle, cork close and keep in a dry place. A table-spoonful will make curry sufficient for one fowl.—*Another.* Take $\frac{1}{4}$ lb. coriander seed, $2\frac{1}{2}$ oz. turmeric, 1 oz. cummin seed, $\frac{1}{2}$ oz. black pepper, and cayenne to taste; then proceed in the same way.—*Another.* 2 oz. coriander seeds, $\frac{1}{4}$ lb. turmeric; of black pepper, flour of mustard, cayenne and ginger, each 1 oz.; of lesser cardamoms $\frac{1}{2}$ oz., cummin seed $\frac{1}{4}$ oz., and fenugreek seeds $\frac{1}{4}$ oz.

Curry paste is very good, but some think it better to prepare curry powder at home, for different curries require different flavouring; fish and veal, for instance, require more acid than fowls, rabbit, &c. &c. The ingredients may be kept in separate bottles, and mixed as they are used.

Herbs.

When these cannot be procured green, it is convenient

to have them in the house, dried and prepared, each in the proper season. The common method is to dry them in the sun, but their flavour is better preserved, by being put into a cool oven, or the meat screen, before a moderate fire, taking care not to burn or scorch them. They should be gathered when just ripe, on a dry day. Cleanse them well from dirt and dust, cut off the roots, then put them before the fire, and let them dry quickly, rather than by degrees. Pick off the leaves, pound and sift them; put the powder into bottles, and keep these closely stopped. The following herbs thus preserved, are very useful when fresh ones cannot be procured.

Basil, from the middle of August, to the same time in September.

Winter and Summer Savory, July and August.

Knotted Marjoram, July.

Thyme, Orange Thyme, and Lemon Thyme, June and July.

Mint, end of June and through July.

Sage, August and September.

Tarragon, June, July, and August.

Chervil, May, June, July.

Burnet, June, July, August.

Parsley, May, June, July.

Fennel, May, June, July.

Elder flowers, May, June, July.

Orange flowers, May, June, July.

The following mixture of herb powder is good for soups or ragouts: 2 oz. each, of parsley, winter savory, sweet marjoram, and lemon thyme, 1 oz. each, of sweet basil and lemon peel, cut very thin. If the cook be in the habit of serving made dishes, she may keep this mixture, with one fourth part of savoury powder mixed in it, and much time will be saved.

Dried herbs may be infused in spirits of wine or brandy ten days or a fortnight; then strained, and the spirit closely corked and put by for use.—Some recommend the following mixture: infuse in 1 pint of wine, brandy, vinegar or spirits of wine, $\frac{1}{2}$ oz. each, of lemon thyme, winter savory, sweet marjoram and sweet basil; 2 draehms grated lemon peel, 2 draehms mineed eschalots,

and 1 drachm celery seed: shake it every day for a fortnight, then strain and bottle it.

Horse-Radish Powder.

In November and December, slice horse-radish the thickness of a shilling, and dry it, *very gradually*, in a dutch oven; when dry enough, pound and bottle it.

Pea Powder.

This gives a relish to pea soup. Pound in a mortar, 1 drachm celery seed, $\frac{1}{4}$ drachm cayenne pepper, $\frac{1}{2}$ oz. dried mint, $\frac{1}{2}$ oz. of sage; when well mixed, rub these through a fine sieve, and bottle close.

Mushroom Powder.

Large fleshy button mushrooms are best. Cut off the stems, peel the mushrooms, spread them on dishes, and put them into a cool oven; when quite dry, pound them with a little cayenne and mace, and then bottle the powder. A tea-spoonful will flavour a tureen of soup. It is excellent for flavouring gravy for game, and some made dishes.

Anchovy Powder.

Pound the anchovies in a mortar, rub them through a hair sieve, then work them into thin cakes, with some flour and a little flour of mustard. Toast the cakes very dry, rub them to a powder, and bottle it.—This serves to flavour sauces or to sprinkle over toasts, or sandwiches.

CHAPTER XIX.

VEGETABLES.

PERSONS who live in the country are seldom reduced to the alternative of eating stale vegetables, or of going without any; but in towns, and especially in London, the case is different; and vegetables not quite fresh are very inferior in flavour to those which have been only a short time out of the ground.—Take the outside leaves off all of the cabbage kind, and plunge the part you mean to cook into cold water the heads downwards: let there be plenty of water, and a large piece of salt, for this helps to draw out the insects. Examine the leaves well, and take off all the decayed parts. Vegetables should be boiled in soft water, to preserve their flavour, and alone, to preserve their colour. Allow as much water as the vessel will hold, the more the better; and a handful of salt. The shorter time they are in water the better, therefore see that it boil fast, before you put the vegetables in, and keep it boiling at the same rate afterwards; let the vessel be uncovered, and take off whatever scum may rise. When done, they must be taken out of the water instantly, and drained; they ought then to go to table, for vegetables, particularly green ones, suffer in look and in taste, every moment they wait.

From the strong nature of all the cabbage tribe, it is best to boil them in two waters, thus: let them boil up, pour the water off, and cover with water that has been boiling in readiness. Cauliflower and brocoli, of course, in the same way.

It is not the general custom to cook vegetables sufficiently, and that renders them indigestible, instead of a nourishing as well as a wholesome food. Carelessness is one cause of this, though much of it is owing to the attempt to preserve a fine colour. There are many things which may be used, but a perfectly clean and well-

tinned sauce-pan, soft water, enough salt, and careful scumming, will almost always secure this much desired object. Soda, pearlash, salt of wormwood, or sugar may be used.

In dressing vegetables, as well as in making soup, the French greatly exceed us, for they always cook them enough. Besides they make more of them than we do, by various ways of dressing them with gravy and cream.

Several receipts are here given, by which a side or supper dish, may be prepared at a very little cost, particularly in the country, where fresh vegetables are always at hand and where an additional dish is sometimes required, and cannot easily be obtained of meat or fish.

Salads are, by some, considered unwholesome; but if mixed with oil, they are not injurious, except in peculiar cases, for salads are cooling and refreshing in hot weather and are beneficial in many respects in the winter. Most persons, particularly the Londoners, eat cucumbers, but strange to say, they do not, generally, value a well made salad so highly. There are many herbs which it might be beneficial to the health to take, in some shape or other, at certain times of the year, and they might be eaten in the form of salads. These are good as correctives for those who do not work, and who eat too much; and in another part of this work will be found some receipts for the enriching of roots and greens, in order to render them proper food for those who work, and who have not enough to eat.

Potatoes to Boil.

Various are the ways of boiling potatoes, and few are the cooks who boil them well. But it does seem that the best way, upon the whole, is to *boil*, not steam them. Much depends upon the sort of potatoe, and it is unfair to condemn a cook's ability in the cookery of this article, until it be ascertained that the fault is really hers, for I have seen potatoes that no care or attention could boil enough, without their being watery, and others that no species of cookery could spoil. They should be of equal size, or the small ones will be too much done before the large ones are done enough; do not pare, or cut them: have a sauce-pan so large that they will only half fill it,

and put in cold water sufficient to cover them about an inch, so that if it waste, in boiling, they may still be covered; but too much water would injure them. Put the sauce-pan on the fire, and as soon as the water boils, set it on one side, to simmer slowly till the potatoes will admit a fork, the cracking of the skin being too uncertain a test; having thus tried them, if tender, pour the water off, and place the sauce-pan by the side of the fire, take off the cover, and lay a folded cloth, or coarse flannel, over the potatoes. Middling sized potatoes will be boiled enough in fifteen minutes. Some (and I believe it is the practice in Ireland), when they have poured off the water, lay the potatoes in a coarse cloth, sprinkle salt over, and cover them up, a few minutes, then squeeze them lightly, one by one, in the folds of a dry cloth, peel and serve them. Some peel potatoes for the next day's dinner and put them into cold water enough to cover them over night, the water is poured off just before the potatoes are boiled. After the beginning of March potatoes should be peeled before they are boiled, and after April they should always be mashed. Potatoes may be dressed in various ways to make pretty supper or side dishes, and there are many sauces suitable to enrich them.—*Young Potatoes.* Rub the skin off with a cloth, then pour boiling water over them in a sauce-pan, let it simmer, and they will soon be done.

Potatoes to Fry or Broil.

Cold potatoes may be cut in slices and fried in dripping, or broiled on a gridiron, then laid on a sieve to drain; serve on a hot dish, and sprinkle a little pepper and salt over them. Garnish with a few sprigs of curled parsley, or the parsley may be fried and strewed over.—*Or*: when the potatoes are nearly boiled enough, pour off the water, peel and flour them, brush with yolk of egg, and roll them in fine bread crumbs or biscuit powder, and fry in butter, or nice dripping.—*Or*: they may be gently stewed, with butter; take care to turn them, while stewing. Lay them on a sieve to drain, and pour a white sauce in the dish.

Potatoes to Mash.

When boiled purposely to mash, peel them and cut out

all the specks; when they are done and the water poured from them, put them over the fire for two or three minutes, to dry, then put in some salt and butter, with milk enough to moisten sufficiently to beat them to a mash. The rolling pin is better than any thing else. Cream is better than butter, and then no milk need be used. Potatoes thus mashed may be put into a shape, or scallop-shells, with bits of butter on the top, then browned before the fire; either way makes a pretty dish.—*Or*: they may be rolled up, with a very little flour and yolk of egg into balls, and browned in the dripping-pan under roast meat. These balls are pretty to garnish some dishes. Onions are sometimes boiled, pulped through a sieve, and mixed with mashed potatoes.

Colcannon.

This dish is made of an equal portion of potatoes and young cabbage, or, perhaps, rather a greater one of potatoes. Boil them separately, mash the potatoes, squeeze the cabbages dry and chop them, mix the two well together, with a good sized piece of butter, pepper and salt, and press them into a well buttered shape, or put them singly in a dish, at once; brown before the fire, or, before you turn them out of the shape, place it in a hot oven eight or ten minutes.

Potatoes to Roast.

Some cooks half boil them first. They should be washed clean and well dried. If large, they will take two hours to roast, and should be all of a size, or they will not be done alike.—*Or*: pour off the water, peel and lay them in a tin pan, before the fire, by the side of roasting meat. Baste, from the dripping-pan, and turn them to brown equally.

Potatoe Pie.

Having washed and peeled the potatoes, slice them, and put a layer into the pie dish, strew over a little chopped onion, some small bits of butter, salt and pepper, (and,

if you like, hard boiled egg in slices), then put more potatoes, and so on, till the dish is full; add a little water, then stick over the top nearly $\frac{1}{4}$ lb of fresh butter, cut in bits; cover with a light puff paste, and bake an hour and a half.

Potatoe Balls.

Mash quite smooth 7 or 8 mealy potatoes, with 3oz. of butter, 2 table-spoonfuls of cream, 1 of essence of anchovy, and 1 or 2 eschalots *very finely* chopped: make up into balls, dip them into egg beaten, and brown them. Garnish with curled parsley, for a side, or supper dish.

Potatoe Collar.

Mix enough flour and yolk of egg in mashed potatoes (a very little will do), to keep them firm, roll them into a handsome collar, score it, and brown before the fire; serve with a brown gravy in the dish.

Potatoe Ragout.

Mash 1 lb. of potatoes with butter (no milk or cream), and grate in it some ham, nutmeg, salt, pepper, 2 eggs beaten, and a very little flour. Mix well together, and form it into loaves, or long thin rolls, fry or stew of a light brown, and serve as a garnish to veal cutlets, or in a dish by themselves.—*Or*: mix with the mashed potatoe, grated ham, or tongue, a very little very finely minced veal, minced parsley and onion, pepper and salt, a piece of butter, and any flavouring ingredient you like. For maigre days, a little cold white fish, lobster or oysters, or merely chopped anchovy, may be added to give the potatoes a relishing flavour.

Potatoes à la Maître d'Hotel.

Boil, peel, and cut the potatoes in slices $\frac{1}{2}$ an inch thick, put them into a stew-pan with some young onions skinned, chopped parsley, butter (a good sized piece), pepper, salt, and a little broth to moisten the potatoes. Toss them till

the parsley is cooked; serve with parsley and butter poured over.

Cabbages to Boil.

Wash very well, then quarter them, if large. A young cabbage will be done in from twenty minutes to half an hour, but a full grown one will take nearly an hour. Have plenty of water, that the cabbages may be covered, all the time they are boiling; watch and take off all scum. Serve melted butter.

Savoys, Sprouts, and Young Greens.

Boil the same as cabbages, but in a shorter time; fifteen or twenty minutes will be sufficient.

Cabbage à la Bourgeoise.

Wash and pick quite clean a good sized cabbage; take the leaves off one by one, and spread upon each some forcemeat, made of veal, suet, parsley, salt and pepper, mixed with a little cream and an egg; then put the leaves together, in the form of a whole cabbage, tie this up securely at each end, and stew it in a braise. When the cabbage is quite tender, take it out, and press in a linen cloth to clear it from the fat. Cut in two, lay it in a dish, and pour some good gravy over.

Red Cabbage to Stew.

Melt sufficient butter, to stew the quantity of cabbage; cut the cabbage into shreds and put it into a sauce-pan, with a chopped onion, 2 cloves, a bay leaf, cayenne pepper and salt. Keep the sauce-pan covered close, and when done, add a good spoonful of vinegar. This may be spread in a dish, and sausages served on it.

Cabbage, Greens, or Spinach to Curry.

After they are boiled, drain, chop and stew them in butter with curry powder to taste; the powder being

previously mixed with salt, pepper, and a little vinegar. It is an improvement to spinach, to add some sorrel; and some like a small quantity of chopped onion. To these curries you may add minced veal, chicken or rabbit, and serve with a gravy of veal; *or*, if to be maigre, minced cold fish, prawns or oysters, and fish gravy.

Spinach.

Spinach harbours insects, and is often gritty; it therefore requires to be carefully washed in two or three waters; then laid on a sieve to drain. Some cooks boil it in very little water, but this is not a good way. Put a small handful of salt into the water, and when it boils, scum well; put in the spinach, and let it boil quickly till quite tender, ten minutes will be enough. Pour it into a sieve, then squeeze between two plates or wooden trenchers, chop fine, and put it into a small sauce-pan, with a piece of butter and a little salt. Stir it with a spoon for five minutes over the fire, spread in a dish, score nicely, and serve it hot.---Thick cream, or rich gravy, are better than butter.

Spinach, Sorrel, and Chichory, to Stew.

These may be stewed, the two former in equal portions together, or all separately, for fricandeaus. Wash, pick well, then stew very slowly, in an unglazed earthen vessel, with butter, or oil, or broth enough to moisten them.

Spinach au Gras.

When boiled, pour through a sieve and press it, to squeeze the water out; put a good sized piece of butter or dripping into a sauce-pan, and, when it has melted put in some sippets of toasted bread for a few minutes, take them out and put in the spinach chopped fine, and a little good gravy of the day before, or out of the dripping-pan, if you be roasting meat, or some good broth, a little pepper, salt, nutmeg and flour; simmer a few minutes, and serve with the toasts round it.

Spinach au Sucre.

Having boiled and squeezed all the water from spinach, chop, and put it into a sauce-pan with a good sized piece of butter, pepper, salt, nutmeg and a little flour. Shake the sauce-pan over the fire a few minutes, then put in some cream or very good milk, enough to moisten the spinach, and 2 or 3 lumps of sugar, according to taste. Simmer very gently, and serve it garnished with toasts.

Asparagus and Sea Kale.

Scrape the stalks quite clean, and throw them into a large pan of cold water. Tie them up in bundles of equal size with tape, not string, as that is likely to break off the heads; cut the ends of the asparagus even, and having a pot of boiling water ready (it ought to be scummed when the water boils), put in the bundles. When the stalks are tender, the asparagus is done; but this vegetable loses flavour by being a minute too long in the water; indeed it is the only one which will bear being a *little firm*. Before it is done, toast a round of a loaf, dip it into the boiling water, lay it in a dish, and the asparagus on it. Serve melted butter with asparagus and kale. The French, when the butter is melted, beat up the yolk of an egg, and stir in it, by degrees, and then a small quantity of vinegar, just enough to flavour it; stir well for a minute or two over the fire, and it is an excellent sauce for asparagus, or any other green vegetable.

Cauliflower and Brocoli.

Choose middling sized ones, close and white, trim off the outside leaves, and cut off the stalks at the bottom. Strip off all the side shoots, peel off the skin of the stalk, and cut it close at the bottom. Boil and scum the water, then put the vegetables in; cauliflower will be done in fifteen or twenty minutes, and spoiled if it boil longer. Brocoli in from ten to fifteen minutes. Lift out of the water with a slice. Serve melted butter. Both may be served on toasts, and the sauce for asparagus served with them, either for the second course or for supper.

Cauliflower with Parmesan.

Boil nicely and place it in a dish (not a close one), grate cheese over, and then pour white sauce over. Brown it, grate more cheese, then pour more white sauce over. Brown it again before the fire, or with a salamander. Serve it with white saucc, or melted butter in the dish.

Cauliflower to Stew.

Boil a large cauliflower till nearly done, then lift it out very gently, separate it into small pieces, put these into a stew-pan with enough rich brown gravy to moisten, and let it stew till tender. Garnish with slices of lemon.—*Or*: if you have no gravy, put into a stew-pan a piece of fat bacon, 2 or 3 green onions, chopped small, a blade of mace, and a very little lemon thyme, shake the stew-pan over the fire, ten minutes, then put in the cauliflower, let it brown, add a very little water, and let it stew.—*Or*; if to be saignre, put a good sized lump of butter into a sauce-pan, an onion minced, some nutmeg, salt, and pepper, shake the sauce-pan over the fire a few minutes, then put in a piece of cauliflower, and pour in enough boiling water to moisten; let it simmer a few minutes, add the yolks of 3 eggs well beaten, turn the saucepan over the fire a few minutes, till the eggs are cooked, then serve the cauliflower.

Peas.

They should be gathered and shelled but a short time before they are cooked. The younger, of course, the better. When the water boils, scum it, put the peas in with a little salt, and a piece of sugar, and let them boil quick-ly from fifteen to twenty minutes. When done, drain, and put them in the dish with some bits of fresh butter; stir the peas with a silver spoon, and cover the dish. Some like mint boiled with peas; others boiled alone, chopped, and laid in little lumps round them.—*Or*: after they are partly boiled, drain and stew the peas in a little broth, with a lettuce, a little green onion, and mint, or a sliced cucumber in the place of the lettuce. These may be

stewed till nearly done before you put in the peas; add a little salt, pepper, and brown or white sugar. Essence of ham, or mushroom catsup may be added.—*Or*: when the peas are partly cooked, drain, and rub among them some butter previously kneaded in flour, then stew them in a little weak broth, till quite done; add salt, a bunch of parsley and a few green onions. Just before you serve the peas, drain them, dip a lump of sugar into boiling water, stir it amongst them, and grate parmesan over.—For maigre dinners, use more butter, instead of broth.

Peas in White Sauce.

Put the peas, which ought to be quite young, into a stew-pan, with a piece of butter, a cabbage, lettuce, and a little each of parsley and chives. Do not add any liquor, but let them stew very gently, over a slow fire. When done take $\frac{1}{2}$ pint cream, the beat yolks of 3 eggs, and stir by degrees into the peas; let it thicken, over the fire, but not boil, then serve it.—The peas which are eaten in their shells may be dressed in this way.

Windsor Beans.

These ought only to be eaten when quite young. Boil in plenty of water, with salt, and a bunch of parsley. Serve in a boat, parsley and butter, and garnish with chopped parsley. The French parboil them, take off the skins, stew them, and when done pour a rich veal gravy over.

French Beans.

Cut off the stalks, and if the beans are not young, string them, cut them in two, slantways; if old, split first, and then cut them slantways. If very young, do not cut them at all. Lay them in water, with a little salt for about half an hour. Then put them into water that is boiling fast, and boil till tender. Serve melted butter with them. These beans may be stewed in all the ways directed for peas.

Turnips.

Some think turnips are most tender when not pared before they are boiled, but the general practice is to cut off a thick peel. Most persons slice them also, but it is not the best way. An hour and a half of gentle boiling is enough. When done, lift them out with a slice, and lay them on a sieve to drain; when dry, serve them. To very young turnips, leave about an inch of the green top. To *Mash Turnips*: squeeze them as dry as possible between two wooden trenchers, put them into a sauce-pan with a little new milk or cream, beat well with a wooden spoon, to mash them, add a piece of butter and a little salt; stir over the fire till the butter is melted, then serve them.

Turnips to Ragout.

Turnips maybe made a ragout to serve under, or round meat. Cut in slices an inch thick, and just parboil them. Then stew them in broth, which, if not already well seasoned, may be seasoned at the time the turnips are put to it. When done, skim off the fat, and serve in the dish with any stew or braise; or serve the turnips by themselves.

Turnips to Stew White.

Parboil, cut in four, and stew them in weak broth, or milk and water, (there requires only enough liquid to keep the turnips from burning); add a little salt and mace. As the liquid diminishes, put in a little good cream, and grated nutmeg. When done, mix with them a piece of butter rolled in flour.

Turnip Tops.

When they have been carefully picked let them lie in cold water an hour. Boil in plenty of water, or they will taste bitter. If quite fresh and young, twenty minutes will be enough. Drain them on the back of a sieve.

Parsnips.

Boil them the same as turnips; or longer according to their size and quality.

Carrots.

Boil the same as turnips; but if old longer.

Turnips, carrots, and parsnips may be dressed together, or separately; in the following way. Cut up 2 or 3 onions (or less according to the quantity of roots), and put them into a stew-pan with a large piece of butter kneaded in brown flour. Shake the sauce-pan a few minutes over the fire, then put in a little broth, let it stew slowly while you prepare the roots. Scald, or parboil, some turnips, carrots, parsnips, and celery, cut them in thin slips, and put them to the onions; season with salt and pepper. When they are done, add a little made mustard and vinegar.—*Or*: wash and parboil the roots, cut in thin slices, and put them into a sauce-pan with a large piece of butter, a bunch of parsley, some sweet basil, chives, a clove of garlick, and an eschalot. Shake them over the fire, add a little salt, whole pepper, a blade of mace, and some flour, then put in a very little broth or milk and water. Let it stew gently till the roots are tender and the liquid reduced. Lift out the herbs, and put in some cream (according to the quantity required), with 2 or 3 eggs beaten up in it. Turn the sauce-pan, carefully, over the fire till the sauce thickens. When done, stir in a very small quantity of vinegar.

Beet Root and Mangle Wurzzle.

Wash but do not scrape it. A middling sized beet root will take from three to four hours to boil, and the same sized mangle wurzzle another hour. When quite tender it is done. Serve it cut into thick slices; and thick melted butter over it. These roots are eaten in America, while in season, almost as commonly as we eat potatoes. Having cut them in slices, the custom of that country is, to pour a mixture of oil, vinegar and pepper over them;

where the distaste to oil is not very great, this will be found an improvement upon melted butter.

Onions to Boil.

Peel and boil them till tender, in milk and water. The time required must depend upon their size.

Onions to Stew.

Spanish onions are the best for this purpose. Peel and parboil, very gently. Then stew them in good broth, and season with white pepper and salt. When done, thicken the sauce with butter rolled in flour, lift out the onions, place them in a dish, and pour the sauce over. Milk and water may be used instead of broth, and cream and more butter, to enrich the sauce.—*Or* : stew them in rich brown gravy.

Onions to Roast.

Roast them before the fire, in their skins.

Cucumbers to Stew.

Pare the cucumbers, and cut them in four, longways; to each one put a *small* onion, sliced; then stew them in broth, with cayenne, pepper, salt, and nutmeg. When done, lay them in a dish, thicken the sauce with butter rubbed in flour, and pour over them. Cooked in this way cucumbers are a nice accompaniment to steaks of every kind. For maigre dinners, stew them in just enough water to moisten them, with a large piece of butter. When done, pour some cream mixed with beaten yolk of egg, into the sauce-pan, enough to make a sufficiency of sauce, let it thicken over the fire, lay the cucumbers in a dish, and pour the sauce over.—*Or* : cut onions and cucumbers in halves, fry in butter, and pour some good broth or gravy over them; then stew till done, and skim off the fat.

Celery to Stew.

Cut the heads in pieces of 3 inches long, and stew as

directed for cucumbers. Some cooks stew it whole, or, if very large, divided in 2, and in strong brown gravy.—*Or*, if to be white, stew in rich veal broth, and add some cream. But celery must be cooked till quite tender, to eat well.

Mushrooms and Morels.

Both are used to make sauces and ragouts, which latter is much the best way of cooking them. For stewing, the button mushrooms, or the smallest flaps, are best. Trim them carefully, for a little bit of mould will spoil the whole. Stew them, in their own gravy, in an earthen vessel, with a very little water to prevent their burning. When nearly done, add as much rich brown gravy as is required for sauce, a little nutmeg, and, if you like, some finely sliced ham, cayenne, pepper, and salt, if required; thicken, by mixing the yolk of an egg, by little and little, into the gravy. If you desire them to be white, squeeze lemon juice over the mushrooms, after they have stewed in their own gravy; add a tea-spoonful of cream, a piece of butter rolled in flour, some cayenne, white pepper, salt, and nutmeg; thicken with the yolk of an egg.

Mushrooms to Broil.

The largest flaps are best, but they should be fresh gathered. Skin them, and score the under side. Lay them, one by one, into an earthen vessel, brushing each one with oil, or oiled butter, and strewing a little pepper and salt over each. When they have steeped in this, which is called a marinade, an hour and a half, broil, on both sides, over a clear fire, and serve with a sauce of melted butter, minced parsley, green onions, and the juice of a lemon.—*Or*: you may draw a gravy from their trimmings and stalks, and put onion and herbs to it.

Salsify.

The young shoots, when about a year old, are boiled the same as asparagus.

Scorzonera and Skirrets.

The roots of these are cooked the same as carrots, and are very good in soup.

Artichokes.

Take off the outer leaves and cut off the stalks. Wash well in cold water, and let them lie in it some time. Put them head downwards, into the pot, take care to keep the water boiling, and add more as it diminishes, for they ought to boil full two hours, or more. Float a plate or dish on the top to keep the artichokes under. Draw out a leaf, and if tender, they are done, but not else. Drain them quite dry, and serve melted butter, in a tureen.

Jerusalem Artichokes.

Boil, but do not let them remain in the water after they are done, or they will spoil; pour melted butter over.—*Or*: they may be cooked in a rich brown gravy, or white sauce, and served with sippets of toasted bread.

Endive to Stew.

Trim off all the green part, wash, cut in pieces, and parboil till about half done; drain well, and chop it, not very fine; put it into a stew-pan with a little strong gravy, and stew gently till quite tender; season with pepper and salt, and serve as sauce to roast meat or fricandeaus.

Lettuce to Stew.

Wash, parboil, and stew, in rich brown or white gravy; if to be white, thicken with cream and yolk of egg. Lay them in a dish and pour gravy over.

Cabbage Lettuce with forcemeat.

Parboil gently, for half an hour, then dip into cold water, and press them in your hand. Strip off the leaves,

spread a forcemeat, rich or maigre as you please, on each leaf.—*Or* : put the forcemeat into the middle of each lettuce ; tie them up, as neatly as possible, in their original shape, and stew them in gravy. When done, serve with the gravy poured over.

Vegetable Marrow.

This may be boiled and served on toast, like asparagus, accompanied by melted butter.—*Or* : when nearly cooked enough by boiling, divide in quarters, and stew gently in gravy like cucumbers. It may be served in white sauce.

Marrow to Stuff (Italian).

Cut very young ones, about six inches long, in two, lengthways ; take out the seeds and pulp with a small spoon, put a little salt on each one, and lay them between 2 cloths, the hollow part down, in order that the water may be drawn out. Soak some crumb of bread in warm broth or milk and water, beat it up like a thick pap, add pepper, salt, the beaten yolks of 2 eggs, nutmeg and lemon peel ; to this the Italians add grated parmesan ; pour off the water, and fill the vegetable marrow with this stuffing ; put the halves together, bind them slightly with thread, brush over beaten yolk of egg, cover with bread crumbs, and lay them, singly, in a broad shallow stew-pan, which has been well rubbed round the sides and the bottom with butter. Place the stew-pan over a slow fire, cover it, and when the butter is dried up, keep the marrow moistened with broth. When the vegetable is nearly cooked enough, put in some tomato sauce, and then put hot coals on the lid of the stew-pan to brown the vegetables. A favourite dish in Italy. Minced fowl and grated ham may be added to the stuffing.

Marrow to Fry, (Italian.)

Cut the long shaped ones (quite young), in four, long ways, and each piece into long thin slices, lay these between cloths, sprinkle salt over to draw out the water, and let

them lie half an hour: during which, prepare a smooth batter of flour, water, and 2 eggs, dip the marrow into it, and fry in lard, of a light brown. Shake the pan gently, but do not touch the fry, lest the paste should break and the fat get in, for it ought not to be greasy. Spread a sheet of paper on a sieve, lay the fry on it, keep it before the fire a few minutes to dry, then serve it.

Cardoons.

Choose the whitest, and cut them into pieces of 2 inches long; half boil them in water, with a little salt, and a very little vinegar, then pour off the water, take out the cardoons, and peel off the threads; finish by stewing them, in stock of either fish or meat, and a piece of butter, if required, to enrich it. Mix up some flour with a little oil, the whites of 2 eggs, and a little white wine. Cut the pieces of cardoon in 2, dip them in the above mixture, and fry in butter or lard, of a light brown.

Lentils.

These are chiefly used to make cullis for soups and made dishes, as follows: pick and wash $\frac{1}{2}$ a pint or more, according to the quantity wanted. Stew them with some good broth, and when done, pulp them through a sieve, and add what seasonings you like.

Samphire to Boil.

Boil in a good deal of water, with salt in it. Let it boil till quite tender. Serve melted butter.

Laver.

This is generally prepared at the sea coast, and requires nothing further than to be heated. This is done best over a lamp, or, at a distance over the fire. When hot stir in a piece of butter, and a very little lemon juice or vinegar.

Haricots Blanc.

These should, if not quite young, be soaked, at least,

all night. They require long boiling, should be poured from the water, and stewed in a little broth, or with a good sized piece of butter, some salt, pepper, chopped parsley and young onions. They must be cooked until tender, or they are not eatable.

Many sorts of vegetables, celery, onions, and all roots, are good fried, in boiling lard, after being parboiled, cut in slices, and dipped into the following batter : $\frac{1}{4}$ lb. fine flour, the yolks of 3 eggs, a small tea-cupful of beer, and a little pepper and salt, all beaten together to a smooth batter. Fry of a light brown, lift them out carefully with a slice, and lay on a sieve to drain.

SALADS.

The preparing of salads is a delicate affair, requiring attention and nicety, and more time than cooks have to bestow on it; therefore, like the arrangement of the dessert, where there is not a servant whose office it peculiarly is, the lady of the house should attend to it.

Lettucc, endive, and small salading, are the most commonly used, but there are many other greens which eat well, as salads. They should be fresh gathered, well washed, picked, and laid in water with a little salt in it. When you take them out, which should not be till just before they are wanted, shake them well, lay them in a cloth, shake them in that, to make them as dry as possible, but do not squeeze, for that will destroy their crispness. Cut them up into a salad bowl, if to be mixed, or lay them in a dish, to be eaten with salt only.

In countries where salad is in more general request than in England, the greatest pains are bestowed to have it in perfection. It is essential to a good salad, that the leaves of lettuces should be crisp; and the French people strip off the stalk which runs up the middle; this stalk having a bitter taste, and being considered indigestible. The French are as justly famed for their salads as for their soups, but the main cause of their superiority in the former, is attributable to the abundance and the goodness of the oil used in the mixture. It is also certain that the excellence of their vinegar, and the small quantity which is ever put into a French salad, has something to do in making them so good and so wholesome as they are.

A strong dislike to oil has, in many instances, been overcome, by the daily habit of seeing salad on a French table. Persons who could with difficulty be brought to taste, have become exceedingly fond of it. But let not the traveller expect to find the "best Lucca oil," best in its native soil, for I was obliged to forego the eating of salad during one whole summer, because (as I was informed), the Italians keep their oil at least a year before they use it, in order that it may acquire what they deem a fine, and what I thought a rank, flavour. The freshest oil they send to other countries.

To dress Salad.

Do not cut it up till you are going to mix it. Strew a little salt, and then pour over it, 3 table-spoonfuls of oil to 1 of vinegar, add a little pepper, and stir it up well with a spoon and fork. There ought not to be a drop of liquid at the bottom of the bowl. To this may be added hard boiled yolk of egg, also beet root well boiled and sliced. Any kind of salad may be dressed in this way. Oil is not dear, but exceedingly wholesome, when good. The least degree of the flavour of garlick is liked by some in salad, and may be obtained by cutting open a clove of garlick and rubbing it a few times round the salad bowl.

Where oil is not liked, oiled butter, or cream may be used. Rub very smooth on a soup plate the yolks of hard boiled eggs, and some thick cream; when this is done, add more cream, or oiled butter, vinegar, pepper, and salt to your taste, and mix the salad in it. The general practice here is, to pour the mixture into the bowl, place the salad on the top, and not stir it up at all, but leave this to be done at table.

The top of a dressed salad should be garnished with slices of beet root, contrasted with rings of the white of hard boiled eggs; or a few young radishes and green onions, or cresses, may be tastefully arranged on the top. Plovers and sea birds' eggs may be laid on the top, arranging some herb to form each one's nest; or all laid in one nest, in the centre. A pretty salad is a great ornament to a table, and not an expensive one.

The following list may be imperfect, but though there

may be other herbs which would be useful in salads, all these are good.

Lettuce.	Coriander.
Radishes.	Tarragon.
Water Cresses.	Nasturtiums.
Young Onions.	Sorrel.
Corn Salad.	Young Spinach.
Endive.	French Fennel.
Celery.	Burnet.
Mustard and Cress.	Basil.
Chervil.	Chichory.

Very nice salad is made of cold boiled cauliflower, celery, french beans, and haricots. A mixture of either and some green herbs, dressed with oil, is very good; and makes an agreeable variety. The following is an elegant salad.

Lobster Salad.

Prepare a mixture of white lettuce, and green salading, mix it with cream or oil; take out the coral of the lobster, and dispose it amongst the vegetables so as best to contrast the colours. *Or*: lobster may be cut up, dressed, and garnished with water cresses, endive, or small salading.

Italian Salad.

About three hours before the salad is wanted, bone and chop 2 or 3 anchovies, and mix them well in a salad bowl, with an eschalot, and some small salading, or any herbs, fresh gathered; 2 spoonfuls of oil, the same of vinegar, a little pepper, and a little made mustard. To this sauce, put very thin slices of cold roast meat of any kind, fowl, game, or lobster (and any cold gravy you have), and leave them to soak. Garnish it prettily. Cold boiled oysters, or fish of any kind may be dressed in this way, particularly white fish. To fish, hard boiled eggs may be added; and with either meat or fish, cold boiled vegetables may be used. When nicely garnished, these salads are pretty

for supper tables. Capsicums, barberries, and pickled fruit are of use in ornamenting these dishes.

The French dress cold haricots as salad, with oil.

Cucumbers.

Should be fresh, mixed with onion, and never eaten without oil.

An Indian Salad.

Slice cucumbers without seeds, and a large onion to every 2 cucumbers, 2 rennets, and 1 or 2 chilies; mix with pepper, salt, vinegar, and oil. This may be added to, and improved by, minced lobster, or crab.

CHAPTER XX.

PASTRY.

PRACTICE as well as judgment are required to attain any degree of perfection in making pastry, particularly raised crusts, and very little can be given in the way of general instruction on the subject.—The flour should be of the very best quality, well dried before the fire, and then allowed to get quite cool before it is wetted.—Good salt butter, well washed in several waters, to extract the salt, is cheaper in some seasons, and quite as good as fresh butter. Fresh butter should be well worked, on a board, with a wooden spoon, or the hand, to extract the butter milk, before it is used for delicate pastry; after you have well worked, dab it with a soft cloth.

Finely shred suet makes very good crust for fruit, as well as meat pies, and if fresh and good, is more delicate and wholesome than lard; veal suet is the most delicate. Some cooks cut the suet in pieces, and melt it in water, then, when cold, press out the water, pound the suet in a mortar, with a very little oil, till it becomes the consistence of butter, and use it for pie crust; but I prefer fresh suet very finely *shred*, not chopped. For this purpose it must be quite sweet.—Lard varies much in quality; and if not good, the paste will not be light. Marrow is very good for pastry, if quite fresh.

I cannot speak from experience, for I never saw one used, but a marble slab is much recommended for making pastry; and it is reasonable to suppose that, in hot weather, it would be very desirable. Pastry is never good when made in a warm room, neither will it bear being exposed to a draught of air. The sooner it is baked, the lighter it will be. There is ample room for the display of taste in ornamenting pastry, both for meat pies and for sweets. Paste cutters are not expensive, and if kept in good order,

will last a long time; but, if not delicately clean, the paste will be spoiled.

For common meat pies, a crust made of mashed potatoes, spread thickly over the top, is very good. For more delicate pies, a covering may be made of rice, boiled in milk and water till it begins to swell, then drained, and mixed with 1 or 2 eggs well beaten, and spread in a thick layer over the meat.

A glazing for meat pies is made of white sugar and water; yolk of egg and water; yolk of egg and melted butter; or white of egg, and sugar sifted over it.

To ice paste, beat the white of an egg, and brush it over the tart, when half baked; then sift finely powdered sugar over that.

Be careful to keep the pasteboard and rolling-pin quite clean, for if the least degree of hard paste be suffered to remain on either, your labour is likely to be lost; and recollect that the best made paste will be spoiled, if not nicely *baked*.

Plain Crust for Meat Pies.

To 2lbs. of fine, and well dried flour, put 1lb. finely sliced fresh suet, and a little salt, mix it up lightly, with enough cold water to mould it, then roll out thin, fold it up, roll again, and it is ready. Put more suet to make it richer.

Another.

Common bread, dough, or French roll dough makes very good crust for plain pies. Roll it out, and stick bits of butter and lard into it, and roll up again. If the dough be good the crust will be light.

Richer Crust.

For 2 lbs. of flour, break in pieces $1\frac{1}{2}$ lb. washed salt butter, rub it in the flour, wet it up with the yolks of 3 eggs well beaten, and mixed in from $\frac{1}{2}$ to a whole pint of spring water. Roll the paste out thin, double it up, and roll out again; repeat this for the third time, and it is ready for use.

An Elegant Crust.

Wash $\frac{3}{4}$ lb. of very good butter, and melt it carefully, so that it do not oil, let it cool, and stir into it an egg well beaten: mix this into $\frac{3}{4}$ lb. of very fine well dried flour. It should not be a stiff paste, and must be rolled out thin.

A Flaky Crust.

Wet 1 lb. of well dried flour, with as much water as will make it into a stiff dough. Roll it out, and stick bits of butter over. $\frac{3}{4}$ lb. of butter should be divided in 3, and rolled in at three different times. Some persons think it of consequence to roll always one way.

Puff Paste.

Weigh an equal quantity of fine flour, and of fresh, or well washed salt butter; crumble one third part of the butter into the flour, mix well together, and wet it with cold water sufficient to make it into dough. Dust some dry flour over the pasteboard, and, on it, work the dough well, with your hands, into a stiff paste; then roll out thin, and stick little bits of butter into it, sprinkle flour lightly over, fold up the paste, roll out again; stick in more butter, fold up again, and repeat the same till all the butter is used. Lay a wet cloth in folds over, till you use it.—

Another way is, to cut the butter in *very* thin slices, flour them well on both sides, roll them out as thin as wafers, and lay them aside; crumble some butter into the flour, wet it, and make up into dough, then roll it out, and lay the slices of butter over, roll up, and repeat the same till the butter is all used.

Light Puff Paste for Tarts.

Rub $\frac{1}{2}$ lb. of fresh butter into 1 lb. of fine flour, with the yolks of 2 eggs beaten, and some finely sifted sugar: rub all together very smoothly, wet with cold water, and work it into a stiff paste.

Short Crust not Rich.

Rub into 1 lb. of flour, 6 oz. butter, 2 oz. sifted white sugar, and the yolks of 2 eggs mixed with a little cream or new milk. To make it richer, more butter may be used, and the paste perfumed with orange or rose water, or flavoured with lemon juice. The butter must all be crumbled into the flour before it is wetted up, and the less it is rolled the better.

A Nice Crust for Preserved Fruits, Cheescakes, &c.

Beat up $\frac{1}{2}$ lb. of good fresh butter, in a bason, with a spoon, till it becomes cream, add 2 oz. finely sifted sugar, and mix in 1 lb. of fine flour, then wet it up with the whites of 3 eggs well beaten, and roll out the paste. If not stiff enough, use more flour and sugar.

Another.

Melt 4 oz. of butter, in a sauce-pan, with a tea-spoonful of water, 2 oz. sifted sugar, and a bit of lemon peel; when the butter is melted, take out the lemon peel, and first dredge a little flour into the liquid, shake the sauce-pan, then put in as much more flour, with a spoon, as the butter will take, keep the sauce-pan over the fire, and stir briskly with a wooden spoon. Turn it out into another sauce-pan and let it cool; then put it over the fire, and break into it, first 1 egg, stir it well, and then 3 more eggs, and stir well again, till the paste is ropy. This is the same as the french paste *royal*, and may be used as the ingenuity of the cook suggests. It answers well to cut in shapes, which may be iced, and baked in a moderate oven.

Raised Crust for Meat Pies.

Put $\frac{3}{4}$ of a pint of water and $\frac{1}{2}$ lb. lard into a sauce-pan, set it on the fire; have ready on the paste-board, $2\frac{1}{2}$ lbs. of flour, make a hole in the middle, and when the water in the sauce-pan boils, pour it into it, gently mixing it by

degrees with the flour, with a spoon; when well mixed together, knead it with your hands, into a stiff paste. Dredge flour on the board, to prevent the paste from sticking, continue to roll, and knead it with your hands, but do not use a rolling pin. Let it stand to cool before you form the crust for the pie, which do as follows: cut out pieces for the bottom and top, roll them of the proper thickness, and roll out a piece for the sides; fix the sides round the bottom pieces, cement them together with white of egg, and pinch the bottom crust up round to keep it closed firmly; then put in the meat and lay on the top crust, pinching the edges together closely.—The crust must be thick in proportion to the size of the pie.

Another.

Use half lard and half butter, rub them in the flour in a pan, and pour boiling water over it, enough to make into a stiff paste.

Rice Paste.

Mix $\frac{1}{2}$ lb rice flour, into a stiff paste with the yolk of an egg and a little milk, beat it out with the rolling pin, and spread bits of butter over, roll it up, and spread more butter till you have used $\frac{1}{2}$ lb. This will boil as well as bake.

Meat Pies.

Some cooks say that meat should be a *little* stewed with seasoning, a piece of butter, and only a *very* little water, before it is put into a pie.—Common meat pies should have a thin under crust; but the covering must be thick, or it will be scorched up, before the meat is cooked. Meat pies require a hot, but not a fierce oven.

Venison Pasty.

Make a stiff paste of 2 lb. of flour and 1 lb. of butter, or fresh suet shred finely, wet it up with 4 or 5 eggs well beaten and mixed in warm water. Roll it out several

times.—Some cooks *marinade* or soak the venison for a night, in port wine and seasonings.—Take out all the bones, season the meat with salt, pepper, pounded allspice and mace, and a little cayenne, then put it into a stone jar, and pour over some gravy of the trimmings, or of mutton or beef; place the jar in a sauce-pan of water, and let it simmer over the fire, or on a hearth for two or three hours, but the meat should not be over done. Put it by till the next day: remove the cake of fat from the top, lay the meat in alternate pieces of fat and lean in a pie dish, add more seasoning if required, the gravy, and $\frac{1}{4}$ pint of port or claret; also a little eschalot or any other flavouring vinegar. If the venison want fat, slices of the fat of mutton may be substituted.—The breast is best for a pasty, but the neck is very good, and if the shoulder be too lean to roast, it also answers very well.

Beef Steak Pie.

Steaks from the rump are best; cut them into small steaks, season, and roll up as olives, or lay them flat, fat and lean properly mixed, and seasoned with salt, pepper, and what spices you choose. Then put in $\frac{1}{2}$ pint of gravy, or $\frac{1}{2}$ pint of water, and a table-spoonful of vinegar. If you have no gravy, a piece of beef kidney will enrich the gravy of the beef, and is a valuable addition to a savoury meat pie. Force meat in layers between the slices of beef, or in small balls, makes this a much richer pie; if to be eaten cold, suet must not be used: some cooks put in a few large oysters. Walnut or mushroom catsup may be added.

Pork Pie.

This is generally made in a raised crust, but baked in a common pie dish, with a very plain crust, it is quite as good. Season with pepper and salt. Cut all the meat from the bones, and do not put any water into the pie. Pork pie is best cold, and small ones may be made by laying a paste in saucers or small plates, then the meat; cover with paste, turning the two edges up neatly.—The griskin is best for pies.

Mutton Pie.

Cut cutlets from the leg, or chops from the neck or loin, season with pepper and salt, and place them neatly in a dish, fill this up with gravy or water, and, if you choose, strew over a very little minced onion or eschalot and parsley, and cover with a good plain crust.

Squab Pie.

This is made of mutton as the last, and between each layer of meat, slices of apples, potatoes, and shred onions.

Lamb Pie.

The same as mutton pie ; only as lamb is more delicate, it does not require so much seasoning, and is best, made to turn out of patty pans.

Veal Pie.

Cut chops from the neck or breast, or cutlets from any other part, season with salt, pepper, mace, nutmeg, lemon peel, or what herbs you like, lay them in the dish, and some very thin slices of bacon over them ; pour in a little gravy, made from the bones or trimmings, or a little water. Force meat balls, hard boiled yolks of eggs, scalded sweet-breads, veal kidneys, truffles, morels, mushrooms, oysters and thick cream, may be used to enrich this pie.—*Or :* slices of veal, spread with forcemeat, and rolled up as olives ; make a hole in the top part of the crust, and when it comes out of the oven, pour in some good gravy.—If to be very rich, put the olives in a dish, and between and round them, some small forcemeat balls, hard boiled yolks of eggs, a few pickled cucumbers cut in round pieces, and a few pickled mushrooms ; pour in good gravy, well seasoned, thickened, and strained, and enriched by a glass of white wine, the juice of a lemon, or some lemon and oyster pickle.

Calf's Head Pie.

Clean and soak, then parboil the head by simmering, for half an hour, with part of a knuckle of veal, or 2 shanks of mutton, in a very little water, with 2 onions, a bunch of parsley, and winter savory, the rind of a lemon, a few peppereorns, and 2 or 3 blades of mace. Take up the head, and let it cool, cut it into neat pieces, skin and cut the tongue into small bits. Boil in the liquor a few chips of isinglass, till it becomes a strong jelly. Spread a layer of thin slices of ham at the bottom of a dish, a layer of the head, the fat and lean assorted, and amidst them some forcemeat balls, hard boiled yolks of eggs, and pickled mushrooms; then strew over, salt, pepper, nutmeg, and grated lemon peel; put another layer of slices of ham, and so on, till the dish is nearly full; pour in as much of the jelly as there is room for, cover with a crust, and bake it. This is good cold only, and will keep several days.—*Note.* Some prefer slices of neat's tongue to ham, and add cayenne, also wine and sauces.

Pigeon Pie.

Let the pigeons be well cleaned; season them inside with salt and pepper, and put in each, a bit of butter, rolled in flour. (Some parboil the livers, mince with parsley, and put them inside the pigeons also.) Lay a beef steak, (some stew it first,) at the bottom of the dish, or some veal cutlets, seasoned, and thin slices of bacon: put in the pigeons, the gizzards, 2 or 3 yolks of hard boiled eggs, (forcemeat balls if you like), and enough water to make gravy. Cover with a puff paste, and bake it. Some cooks cut up the pigeons, and use no beef steak, as they say that the pigeons, if cut up, will produce a sufficiency of gravy. A little port and a little white wine may be added, also eatups, sauces, and mushroom powder.

Moorfowl Pie.

Make it the same as pigeon pie. If beef steak be not

used, there should be plenty of butter, rolled in flour. It must not be over baked. When done, it may be enriched by a hot sauce of melted butter, lemon juice, and a glass of claret, poured in.

Hare Pie.

Cut up a leveret, and season the pieces well; if to be very rich, have some relishing forcemeat balls, and hard boiled yolks of eggs, to mix with the meat in the dish. Put plenty of butter rolled in flour, and some water, and cover with a paste. This pie will require long soaking, as the meat is solid. But, unless it be a leveret, much the best way is, to stew the hare first, like venison for pasty.

Chicken Pie.

Cut up the chickens, season each joint well with salt, white pepper, mace, and nutmeg, lay them in the dish, with slices of ham or bacon, a few bits of butter, rolled in flour, and a little water, cover with a crust and bake it. This pie may be made richer, by putting veal cutlets, or veal udder, at the bottom of the dish, adding forcemeat balls and yolks of hard boiled eggs; also a good jelly-gravy of veal or shanks of mutton, seasoned with peppercorns, onions, and parsley, and poured over the chickens before the pie is baked. Mushrooms are an improvement.

Goose Pie.

Bone, then season well, a goose and a large fowl; stuff the fowl with the following forcemeat: about 2 oz. grated ham, the same of veal and suet, a little parsley, salt, pepper, and 2 eggs, to bind it. Place the fowl within the goose, and put that into a raised crust; fill up round with slices of tongue, or pigeons, game and forcemeat; put pieces of butter, rolled in flour, over all, and then cover with a crust. Bake this, full three hours. A goose may be cut up, seasoned highly, and baked in a pie, the same as chickens, covered with a plain paste, but it is not much esteemed.

Giblet Pie.

Stew the giblets, after they have been well cleaned, in broth, with peppercorns, onions, and parsley. When quite tender, take them up, and let them get cold, then divide, and lay them, on a well seasoned beef steak, in a pie dish, with some slices of boiled potatoes; strain over all, the liquor in which the giblets were stewed, and cover with a plain crust. When done, pour in a tea-cupful of cream.

Rabbit Pie.

Make this the same as chicken pie. Force-meat may be added, made of the livers pounded, shred suet, anchovies, eschalot, or onion, pepper and salt.

Partridge Pie.

This may be made the same as pigeon pie.—*Or:* instead of the steak, (some use veal), at the bottom of the dish, spread a thick layer of forcemeat, put in the partridges, bits of butter rolled in flour, and a few scalded button mushrooms, or a table-spoonful of catsup. Cover with a good crust, and bake (if 4 partridges), an hour.—*Or:* singe and truss 6 partridges, lard, season highly, and stuff them with a forcemeat made of 2 lbs. of truffles, (brushed, washed, and peeled), the livers of the partridges, and a piece of veal udder parboiled; season this with salt, pepper, spices, minced onion and parsley, and pound it well in a mortar; put a little into each partridge, and fill up with whole truffles; line a raised crust with thin slices of bacon and forcemeat, put in the partridges, cover the pie, and bake it. This is *Perigord Pie*.

Pheasant Pie.

Cut off the heads of 2 pheasants, bone and stuff them, with the livers, bread crumbs, lemon peel, ham, veal, suet, anchovies, mace, pepper, salt, mushroom powder and a little eschalot; stew them in good gravy a few minutes.

then put them into a baking dish, with some balls of the forcemeat and some pickled mushrooms ; fill up with good gravy, flavoured with lemon, oyster and mushroom pickle, a table-spoonful of brandy, and the same of camp sauce. Cover with a puff paste, and bake it. Good either hot or cold.

Rook Pie.

Skin the birds, and cut out the back bone ; then make it as directed for pigeon pie.

Sea Pie.

Cut up a fowl or two, and some thin slices of salt beef, the latter soaked in luke warm water. Make a rather rich paste of half flour and half mashed potatoes, with butter, lard, or dripping ; roll out thin, put a layer at the bottom of a deep tin baking dish, then a layer of fowl and beef, season with pepper, salt, and a very little shred onion ; then another layer of paste, and one of meat, till the dish is nearly full, fill up with cold water, and bake it ; when done, turn it out and serve quite hot. Slices of bacon are an improvement, leaving out the beef.

Parsley Pie.

This may be made of veal, fowl, or calf's feet, but the latter partly cooked first ; scald a cullender full of fresh gathered parsley in milk, drain it, season with salt, pepper, and nutmeg, add a tea-spoonful of good broth, and pour it into a pie dish, over the meat. When baked pour in $\frac{1}{4}$ pint of scalded cream.

Herb Pie.

One handful of spinach, the same of parsley, 2 small lettuces, a very little mustard and cress, and a few white beet leaves : wash, then parboil them, drain, press out the water, mix with a little salt, cut them small, and lay them in a dish : pour over a batter made of flour, 2 eggs, a pint of cream and $\frac{1}{2}$ pint of milk : cover with a rich crust and bake it.

Fish Pie.

The fish should be boiled first; therefore the remains of what has been dressed for the previous day's dinner, will answer the purpose. Any, and every sort of fish is good in pies, and one receipt will do for all, leaving it to the taste of the cook to enrich or flavour it.—If *Turbot*, for instance, cut the fish in slices, put a layer in the dish, strew over a mixture of pepper, salt, pounded mace, allspice, and some little bits of butter, then a layer of fish, then of the seasoning and butter, till the dish is full. Having saved some of the liquor in which the fish was boiled, put it on to boil, with all the skin and trimmings of the fish, strain and pour this into the dish for gravy. Lay a puff paste over, and bake in a slow oven, half an hour.—*Cod Sounds* must be washed well, then soak several hours, and lay them in a cloth to dry. Put into a stew-pan, 2 oz. fresh butter, and half an onion sliced, brown these, and add to them a table-spoonful of flour rubbed into a small piece of butter, and $\frac{1}{2}$ pint boiling water; let it boil up, put in about 8 cod sounds, season with pepper, the juice of a lemon, and a little essence of anchovies, stir it a few minutes over the fire, put it in a pie dish, cover with a light paste, and bake it an hour.

A richer Fish Pie.

Cut the fish into nice fillets, and season them with pounded mace, pepper, cayenne and salt; or if they be whittings, eels, trout, or any other fish that will admit of it, do not cut them up, but season the inside, and turn the fish round, fastening with a thread. Have some good fish stock, put it on to warm, add seasoning, and any catsup you like. If you wish the pie to be very rich, line the pie dish with fish forcemeat, lay some bits of butter at the bottom of the dish, put a thick layer of the fish, then strew over, chopped shrimps, prawns, or oysters, then the rest of the fish, strain the stock over it, enough for gravy, cover with a light puff paste, and bake it.—*Or*: make a stuffing of meat or fish, season well and fill the fish with it. Place an ornamental paste border round the

dish, lay in the fish, stick bits of butter round it, and alternate forcemeat balls and hard boiled eggs; brush the fish with egg, strew over bread crumbs, and bake the pie. When done pour in a good gravy of meat, or fish.

Lobster Pie.

This is a rich compound, at its very plainest, and may be made very rich indeed. Parboil 1, 2 or 3, according to the size of your dish. Take out all the meat, cut it in pieces, and lay them in the dish, in alternate layers, with oysters cut in two, and bread crumbs, moisten with essence of anchovies. Whilst you are doing this, let all the shells and the spawn of the lobster be stewed in half and half water and vinegar, add some mace and a little cayenne; when done, strain, and add to it some wine and catsup, just boil it up, and pour over the lobster. Lay a light puff paste over and bake it.

Herring, Eel, or Mackerel Pie.

Skin eels, and cut them in pieces, 2 inches long. Season highly, and put a little vinegar into the sauce. This, and every other fish pie, may be baked *open*, with an edging of crust.

Shrimp and Prawn Pie.

Having picked, put them into little shallow dishes, strew bits of butter over, season as you like, but allspice and chili vinegar should form a part. Add white wine, also 2 anchovies, if you choose. Cover with a light puff paste.

Salt Fish Pie.

Soak the fish a night. Boil it till tender, take off the skin, and take out the bones. If the fish be good, it will be in layers, lay them on a fish drainer to cool. Boil 5 eggs hard, cut them with 2 onions, and 2 potatoes in slices; put a layer at the bottom of a pie dish, season with pepper and made mustard, then a layer of fish, season that,

another layer of the mixture, and so on till the dish be full; lay some bits of butter on the top, pour in a tea-cupful of water, with a tea-spoonful of essence of anchovy, and of catsup and oyster pickle. Cover with a puff paste, and bake it an hour.—The sauces appropriate to fish, are suitable to fish pies.

Fresh Cod Pie.

Salt a piece of the middle of a fish, for one night; wash, dry, and season it with pepper, salt, and nutmeg; lay it in a deep pie dish, with some oysters, put bits of butter on it, pour in some good broth, and cover with a crust. When done, pour in a $\frac{1}{4}$ pint of hot cream, with a bit of butter rolled in flour, some nutmeg, and grated lemon peel.

Patties.

These are convenient to form a side dish at dinner, or a principal one at supper or luncheon. An expert cook will always contrive to reserve a sufficiency of meat or fish, when cooking a large dinner, to provide a dish of patties. The compound must be very nicely minced, and suitably seasoned, and may be sent to table in baked paste, or fried in balls, to serve as garnish.

Crust for Savoury Patties.

Line the patty pans with a thin puff paste; cut out the tops, on white paper, with a thin stamp, and mark them neatly; put a piece of soft paper crumpled, in the middle of the lined patty pan, to support the top: put it on and bake them. Prepare the mince, and when the patties are baked enough, lift off the top, put the mince in (not so much as to run over the edges), and lay the top on.

Chicken, or Turkey and Ham, or Veal Patties.

Mince very finely, the breast, or other white parts of cold chicken, fowl, turkey, or roast veal, and about half the quantity of lean ham, or tongue. Have a little delicate

gravy, or jelly of roast veal or lamb, thicken it with a bit of butter, rolled in flour, add some pepper, salt, cayenne, and lemon juice; put the mince in, and stir it over the fire till quite hot, and fill the baked patties (as directed) with this quite hot.

Rabbit and Hare Patties.

Mince the best parts with a little mutton suet. Thicken a little good gravy, and season with salt, pepper, cayenne, nutmeg, mace, lemon peel, and port wine, also the stuffing that may be left of the hare or rabbit; heat the mince in it, and fill patties, as above.

Beef Patties.

Mince a piece of tender, underdone meat, with a little of the firm fat; season with salt, pepper, onion, a chopped anchovy, and a very little chili or eschalot vinegar; warm it in gravy, and finish, like other patties.

Oyster Patties.

Beard and wash in their own liquor, some fresh oysters; strain the liquor, and if of 12, put to it 1 oz. butter rolled in flour, with the oysters cut in small bits, a little salt, white pepper, mace, nutmeg, and lemon peel, add to the whole 1 table-spoonful of thick cream; warm, and put it hot into the baked patties.—*Or*: have 2 parts of oysters, prepared as above, and one part of fresh mushrooms, cut in dice, fried in butter, and stewed in enough gravy to moisten them; stir the oysters to the mushrooms, and fill the patties.

Lobster Patties.

Chop finely the meat of the tail and claws of a hen lobster; pound some of the spawn, with $\frac{1}{2}$ oz. of butter, and a little meat gravy or jelly, or a table-spoonful of cream; season with cayenne, salt, lemon peel grated, and a little of the essence of anchovy.

For plainer patties, or little meat pies, either cold or

undressed meat may be prepared in the following manner. To 1lb. of beef, mutton, or veal, allow $\frac{1}{2}$ lb. suet, chop them roughly, and season with salt, pepper, and allspice; press it into a pot and it will keep some days. This may be baked in raised crust, or in saucers, to turn out. Sprinkle a little minced parsley over the meat before you bake it. This mince may also be baked in turn-overs on tins.

Gooseberry, or green Currant Pie.

Top and tail as much fruit as will fill your dish, lay a strip of paste round the edge, put in half the fruit, then half the sugar, the rest of the fruit, more sugar, and cover with a good puff paste. Mark the edges neatly, and ornament the top. When it comes out of the oven, sift finely powdered sugar over.—First put a little cup in the centre of the dish, to preserve the juice.

Rhubarb Pie.

When old and stringy, peel the skin off, cut the stalks slantways, and make it into a pie, the same as gooseberry: but if the rhubarb be young, do not peel it.

Ripe currants, raspberries, ripe gooseberries, black cherries, plums, all sorts of damsons, apricots, and peaches make excellent pies; allow plenty of sugar, put in a little cup, and fill the dish high in the middle with fruit. Divide the apricots and peaches; both are very good in pies, and if of a poor sort, are much better so disposed of, than they would be placed in a dessert.

Green Apricot Tart.

The fruit should be stewed till tender in a very little water and some sugar, baked in a pie dish with a covering of puff paste, and is an excellent tart.

Apple Pie.

Russetings, ribstone pippins, and such apples as have a little acid, are best for baking. Pare, core, and slice them, throwing them into cold water to prevent their

turning black; sprinkle sugar between, as you put them into the dish, also a little pounded cinnamon and cloves. Slices of quince are an improvement, or quince marmalade, or candied citron or orange peel. Put a strip of paste round the edge of the dish, and cover with a rich light paste. When the apples are dry, put in a little lemon juice, and a wine-glassful of white wine.

Green Codling Tart.

Make the pie as directed in the last receipt, and when it comes out of the oven, with a sharp knife cut round the crust, an inch from the edge, take it off, and pour over the apples, a plain or rich custard; have ready baked on a tin, some paste leaves, and stiek round the tart; or else cut the top, you have taken off, into lozenges, or the best shapes you can, and stiek them round.

In the country, fresh cream ought to accompany fruit pies. It is better than custard. Clouted cream is excellent with fruit pies.

Apples, gooseberries, and rhubarb stewed, with sugar enough to sweeten are better for children, than eooked in paste.—*Or*: fruit thus prepared, may be spread on very thin paste, covered up in turn-overs, and baked on tins.

Cranberry Tart.

The cranberries should be stewed first, with brown sugar, and a very little water, then baked in open tarts, or in patty-pans lined, and covered with light puff paste.

Tarts of Preserved Fruits.

Cover patty-pans, or shallow tins or dishes with light puff paste, lay the preserve in them, eover with light bars of puff paste, or with paste stars, leaves, or flowers. For delicate preserves, the best way is to bake the paste, first, then put in the preserves, and ornament with leaves baked for the purpose, on tins.

Small Puffs.

Roll out light paste nearly $\frac{1}{2}$ an inch thick, cut it in

pieces of 5 inches wide, lay preserve on each, fold it over, wet the edges, and pinch them together, lay these on buttered paper, and bake them.—*Or*: cut the paste into squares, lozenges, and leaves, bake them on tins, and then lay different preserves on each one, and arrange them tastefully in a dish.

Apple Puffs.

Stew the apples, pulp them through a sieve, and sweeten with white powdered sugar; make the puffs the same as in the last receipt, and bake in a quick oven.

Orange and Lemon Puffs.

Grate the peel of 2 seville oranges, or 3 lemons, and mix with it $\frac{3}{4}$ lb. of grated lump sugar. Beat up the whites of 4 eggs to a solid froth, put that to the sugar, beat the whole, without stopping, for half an hour, pour it in little round cakes, on buttered paper laid on tins, and bake them in a moderate oven. When cold, tear off the paper.

Minced Pie Meat.

Par-roast or slightly bake, about 2 lb. of lean beef (some prefer neat's tongue); when cold chop it finely: chop 2 lb. of good beef suet, also 2 lb. of apples peeled and cored, 1 lb. of stoned raisins and the same of currants; mix these together in a pan, with 1 lb. of good moist sugar, 2 nutmegs grated, 1 oz. of salt, 1 oz. ginger, $\frac{1}{2}$ oz. coriander seeds, $\frac{1}{2}$ oz. allspice, $\frac{1}{2}$ oz. cloves, the juice of 6 lemons and their rinds grated, $\frac{1}{2}$ lb. candied citron, the same of candied lemon, $\frac{1}{2}$ pint of brandy, and the same of sweet ginger, or madeira wine. Mix well, and it will keep some time, in a cool place. When about to use it, stir it, and add a little more brandy.—Cover patty pans or shallow dishes with a puff paste, fill with the mince, and put a puff paste over: bake in a moderate oven.

Another, without Meat.

To 2 lb. suet, add $2\frac{1}{2}$ lb. raisins and $2\frac{1}{2}$ lb. of currants,

all chopped very fine, the peel of 6 lemons boiled in 3 or 4 different waters to take off the bitter, also their juice, 2 lb. sugar, $\frac{1}{4}$ lb. candied citron and lemon, $\frac{1}{4}$ lb. of Naples biscuits, $\frac{1}{2}$ oz. of mace, $\frac{1}{2}$ oz. nutmeg and $\frac{1}{2}$ oz. of cinnamon, a pint of brandy, and $\frac{1}{2}$ pint of port wine.

A Bride's Pie.

Boil 2 calf's feet till quite tender, and chop the meat. Chop separately 1 lb. mutton suet and 1 lb. apples, quite fine; mix these with the meat, add $\frac{1}{2}$ lb. currants, washed and rubbed, $\frac{1}{2}$ lb. raisins (both these chopped fine), a $\frac{1}{4}$ oz. cinnamon, 2 drachms nutmeg, and mace, (all pounded), 1 oz. candied citron and lemon peel, sliced thin, a glass of brandy, and the same of madeira. Line a tin-pan with a good puff paste, put in the mince, cover with a puff paste, and ornament it neatly.

Maigre Mince Meat.

To 6 lb. currants add 3 lb. raisins, 2 oz. cloves, $1\frac{1}{2}$ oz. mace and 1 nutmeg, 3 lb. fine powdered sugar, the rinds of 2 lemons, and about 24 sharp apples, all these ingredients chopped or pounded separately, and then well mixed together; add a pint of brandy. Let it stand a day or two, and stir it from the bottom once or twice a day. It will keep in a dry place, for months. Add butter or suet, when you make it into pies, also citron, if you like.

Note.—Mince meat is improved by the currants being plumped in brandy. Raisins should be chopped *very* fine.

CHAPTER XXI.

PUDDINGS.

PRAETICE, which, in most cases, makes perfect, will not ensure success in making puddings, unless the ingredients be good.

For pudding crust, nothing is so good as veal suet finely shred, though beef suet and beef marrow make light crust. Fresh dripping is also very good. Lard is not so good, for either meat or fruit puddings. Meat puddings (or dumplings as they are called, in some of the counties of England) are generally liked; and a meat pudding, either in a crust or in batter, is an economical dish, for it may be made of the trimmings of beef or mutton, or the coarser parts of meat, such as are very good, but would not so well admit of any other species of cooking. The meat should be fresher than for roasting, and a due mixture of fat and lean. A piece of ox kidney, cut in bits, will help to enrich the gravy of beef steak or hare pudding. The crust for meat pudding should be less rich and thicker than for fruit puddings. Puddings will not be light unless the flour be fresh, and well dried before the fire.

The number of eggs must be regulated by their size, for a small egg is but half a large one. Break them separately into a tea-cup, and put them into the bason one by one; by this means you ascertain the freshness of the eggs before you mix them together, for if one egg be the least stale, it will spoil any number with which it may be mixed. Beat them well, the two parts separately, and strain them to the other ingredients.

The less whites of eggs are used in puddings, the better, for they are unwholesome, and contribute little to the lightness or richness of any composition. In puddings for children, or persons of delicate constitution, it is always best to leave them out.

Butter used in puddings, whether salt or fresh, should be perfectly sweet; and milk or cream, if only a little upon the turn, will render of no avail all the labour that has been bestowed upon either pudding or custard.

Let all seasoning spices be finely pounded; currants washed, rubbed dry, carefully picked, and laid on a sieve before the fire to plump; almonds must be *blanched*, namely, covered with hot water, and then peeled.

Puddings of both meat and fruit may be boiled in a mould or bason, though they are much lighter boiled in a cloth; but then the crust must be thicker, because, if it break, the gravy or juice will be lost. Spread the cloth in a cullender, or large bason, flour it, lay in the crust, then the fruit or meat, put on the top, and pinch the edges firmly together, but do not let them be so thick as to form a heavy lump at the bottom, when the pudding is turned out.

Keep the pudding cloths delicately clean; they should not be washed with soap, but boiled in wood ashes, rinsed in clear water, dried, and put by in a drawer. When you are about to use it, dip the cloth in boiling water, squeeze dry, and dredge it with flour. Do not put a pudding in the pot till the water boils fast, and let there be plenty of it; move the pudding from time to time for the first ten minutes; and, if the water diminishes greatly, pour in more, boiling hot. The water in which there is a pudding, should never cease to boil. Boiled puddings are too frequently under done. When you take it out of the pot, dip the pudding into quite cold water for an instant, and set it in a bowl or cullender, for two or three minutes; this will cause it to turn more easily out of the cloth.

A pudding in which there is much bread should be tied up loosely, to allow it room to swell. A batter pudding tied tight. Batter requires long beating; mix the milk and eggs by degrees into the flour, to avoid making it lumpy; this will be the ease sometimes, and then the batter may be strained; but such waste may always be avoided, by care in mixing the batter at first. Tie meat puddings up tight.

More attention is necessary to bake, than to boil a pudding well. It should not be seared in a too hot, nor made sodden in a too cool oven. When it comes out of

the oven sift fine powered sugar over; to hide any defects produced by bad baking.

It is an improvement to puddings, custards, and cakes, to flavour them with orange flower, or rose water, or any of the perfumed distilled waters. This is more the custom in France and America than in England. The perfumed sweets of the last course, impart an elegance to the table which compensates, in some degree, for the grosser, though more savoury steams, which have preceded them.

Paste for Meat Puddings.

Shred $\frac{1}{2}$ lb. suet and rub it into $1\frac{1}{4}$ lb. flour, sprinkle a little salt, and wet it into a stiff paste with cold water; then beat it a few minutes with a rolling pin. Clarified dripping will answer the purpose of suet.

Beef Steak Pudding.

Tender steaks make the best pudding, but it is not necessary that they be cut from the rump. Beat, and cut them into pieces half the size of your hand, season with salt, pepper, and grated nutmeg. Spread a thin crust in a buttered bason, or mould; or a thicker one in a cloth: put the meat in, and a little water, also a wine-glassful of walnut, and the same of oyster catsup, and a table-spoonful of lemon pickle; cover it with the top crust, fasten the edges firmly, and tie it up tightly. A little finely minced onion may be added. A piece of kidney will enrich the gravy. A beef pudding of 2 lbs. of meat, ought to boil gently four hours.

Hare, rabbit, and chicken make good puddings, the same as beef; slices of ham or bacon, are an improvement of the two latter. Hare pudding requires to boil as long as beef.

Suet Pudding and Dumplings.

Chop 6 oz. suet very fine, put it into a bason with 6 oz. flour, 2 oz. bread crumbs, and a tea-spoonful of salt, stir well together, and pour in, by degrees, enough good milk, or milk and water, to make it into a light pudding; put it

into a floured cloth, and boil two hours. For dumplings, mix the above stiffer, make it into 6 dumplings, and tie them separately in a cloth; boil them one hour. 1 or 2 eggs are an improvement. Add 6 oz. of currants to the above quantity to make currant dumplings.

Meat in Batter.

Cut the meat into chops or steaks, put them in a deep dish, season with pepper and salt, and fill up the dish with a batter, made of 3 egg and 4 large table-spoonfuls of flour, to a pint of milk; then bake it.—*Or*: the meat may be baked whole, and if a large piece, let it be in the oven half an hour before you pour in the batter, or else they will be cooked unequally. Some use mashed potatoe to make the batter, instead of flour.

Kidney Pudding.

Split and soak 1 or 2 ox kidneys, and season well; line a bason or cloth with a crust, put them in, and boil it two hours and a half; rather less, if in a cloth.

Potatoe Pudding with Meat.

Mash some potatoes with milk, season with salt, pepper, and a little finely shred onion. Put a layer of slices of fat beef, mutton, veal, or pork, at the bottom of a deep pudding dish, season with salt, pepper, allspice, and shred onion (omit the latter if you like), then put a layer of potatoes, another of meat, and so on, till the dish is full. Lay some bits of butter on the top, a piece of white paper over all, and bake it of a light brown.

Fish Pudding.

Pound some slices of whiting in a mortar, with $\frac{1}{4}$ lb. butter; soak slices of 2 French rolls in cold milk, beat them up with pepper and salt, and mix with the fish. Boil this, in a buttered bason, about an hour and a half. Serve melted butter.

Black Pudding.

To some person's taste these should be made of hog's blood. Salt, strain, and boil *very slowly*, or it will curdle, with a little milk or broth, pepper, salt, and minced onion; stir in, by degrees, some well dried oatmeal and sliced suet; add what savoury herbs you like, fill the skins, and boil them. Some people put in whole rice or grits, (parboiled), in place of oatmeal—*Or*: half boil the lights, kidneys, and heart, chop them with a due portion of fat, very small, season with salt, pepper, and allspice, and mix it with grits boiled in milk; some like the flavour of penny-royal and leek, others like thyme, knotted marjoram, eschalot, or garlick.

Hogs Puddings White.

Mix $\frac{1}{2}$ lb. almonds blanched and cut in pieces, with 1 lb. grated bread, 2 lb. beef or mutton suet, 1 lb. currants, some cinnamon, and mace, a pint of cream, the yolks of 5 and the whites of 2 eggs, some Lisbon sugar, lemon peel, and citron sliced, and a little orange flower water. Fill the skins rather more than half, and boil them in milk and water.

Apple Pudding to Boil.

Make a paste in the proportion of 4 oz. suet, or 2 oz. butter, lard or dripping, to 8 oz. flour, and a little salt. Some use an egg or two, others cold water only, but it should be a *stiff* paste. Line a mould, bason, or cloth, with this paste, rolled smooth, then put in the apples, pared, cored, and sliced; sweeten with browned sugar, and flavour the puddings with cloves, cinnamon, or lemon peel, as you like. It often happens to the discomfiture of the mistress of the house, and still more to the disappointment of children, that the apples are hard; to avoid this disaster, stew the apples gently, in about a wine-glassful of water; one hour will then be sufficient to boil the pudding.

Apple Dumplings.

Peel large apples, divide them, take out the cores, then close them again, first putting 1 clove in each. Roll out thin paste, cut it into as many pieces as you have apples, and fold each one neatly up; close the paste safely. Tie up each dumpling separately, very tight, and boil them an hour. When you take them up, dip each one into cold water, stand it in a bason two or three minutes, and it will turn more easily out of the cloth.

Green currants, ripe currants and raspberries, gooseberries, cherries, damsons, and all the various sorts of *plums*, are made into puddings, the same as *apple pudding*.

Plum Pudding.

For this national compound, there are many receipts, and rich plum puddings are very much alike, but the following receipts are all good.—To 6 oz. of finely shred beef suet, add 2 oz. flour, 4 oz. stoned raisins, 4 oz. well picked and plumped currants; pounded allspice, cinnamon, and nutmeg to taste, a little sifted lump sugar, and a tea-spoonful of salt; mix these ingredients well, and wet them with 3 eggs well beaten, and as much milk as is required to mix it into a rather stiff pudding. You may add a wine glassful of brandy, or 2 of sweet white wine; indeed brandy is scarcely ever omitted; some prefer the flavour of orange flower or rose water. This pudding may be made richer by the addition of 1 oz. candied lemon peel, and $\frac{1}{2}$ oz. citron. It should boil at least six hours.—*Another*: take the weight of $\frac{1}{2}$ lb. of slices of stale bread, pour $\frac{1}{2}$ pint of boiling milk over, and cover close for fifteen or twenty minutes; beat this up with $\frac{1}{2}$ lb. finely shred suet, $\frac{1}{2}$ lb. stoned raisins, and the same of currants, both chopped fine; add 2 table-spoonfuls flour, 3 eggs well beaten, a little salt, and as much milk as is required. This may be either boiled or baked.—*Another*: to $\frac{3}{4}$ lb. currants, $\frac{3}{4}$ lb. raisins, and $\frac{1}{2}$ lb. suet, add $\frac{1}{2}$ lb. bread crumbs, 6 eggs, a wine glassful of brandy, $\frac{1}{2}$ a tea-cupful

of fine sugar, $\frac{1}{2}$ a nutmeg grated, and as much candied orange or lemon peel as you like: mix well, tie it up, and boil three hours. No other liquid is required.

A Christmas Pudding.

To 1 lb. suet add 1 lb. flour, 1 lb. raisins, 1 lb. currants (chopped fine), 4 oz. bread crumbs, 2 table-spoonfuls sugar, 1 of grated lemon peel, a blade of mace, $\frac{1}{2}$ a nutmeg. a tea-spoonful of ginger, and 6 eggs well beaten. Mix well and boil five hours.

Marrow Pudding.

Pour a quart of boiling milk over a large breakfast-cupful of stale crumbs in a bason, and cover a plate over. Shred $\frac{1}{2}$ lb. fresh marrow, mix with it 2 oz. raisins, 2 oz. currants, and beat them up with the soaked bread; sweeten to your taste, add a tea-spoonful of cinnamon powder, and a very little nutmeg. Lay a puff paste round the edge of a shallow pudding dish, mark it neatly, and pour the pudding in. Bake from twenty-five minutes to half an hour. Grated lemon peel may be added, also a wine-glassful of brandy, some almonds blanched and slit; also candied citron and lemon.

Sauce for Plum Pudding or Hunter's Pudding.

Melt good fresh butter, thicken it, and stir in, by degrees, a wine glassful of white wine, and the same of brandy or old rum; sweeten to your taste, and add grated lemon peel and cinnamon.

A Store Pudding Sauce.

To $\frac{1}{2}$ pint brandy, and 1 pint sherry, add 1 oz. thinly pared lemon peel, and $\frac{1}{2}$ oz. mace; let these infuse two or three weeks, then strain and bottle it. Add as much as you like to thick melted butter, and sweeten to your taste.

Hunter's Pudding.

1 lb. suet, 1 lb. flour, 1 lb. currants, 1 lb. raisins, stoned and chopped, the rind of $\frac{1}{2}$ a lemon sliced fine, 6 jamaica peppers in powder, a little salt, 4 eggs, a wine-glassful of brandy, and as much milk as will make it of a proper consistence; boil in a floured cloth eight hours.—It will keep a long while, hung up in a dry place: when wanted, put it into boiling water and keep that simmering gently half an hour.

Plum Pudding of Indian Corn Flour.

To 1 lb. corn flour add $\frac{1}{2}$ lb. shred suet, and what proportion of currants, raisins, and spices you choose; mix the whole well together, stir in a pint of water, and boil the pudding in a cloth three hours.

Maigre Plum Pudding.

Simmer in $\frac{1}{2}$ pint milk, 2 blades mace, and a bit of lemon peel, for ten minutes, strain into a bason, and let it cool. Beat 3 eggs with 3 oz. lump sugar, $\frac{1}{4}$ of a nutmeg grated, and 3 oz. flour; beat well together, and add the milk by degrees; then put in 3 oz. fresh butter, 2 or 3 oz. bread crumbs, 2 oz. currants, and 2 oz. raisins; stir all well together. Boil it in a mould two hours and a half. Serve melted butter sweetened, and flavoured with brandy.

Bread Pudding.

Pour a pint of boiling new milk over a breakfast-cupful of stale bread crumbs, cover till cold, then beat them with a spoon; add 2 oz. currants, or a few cut raisins, a little sugar, cinnamon, nutmeg, and 3 or 4 eggs, well beaten; beat well together, and either boil in a buttered mould, or bake in a dish. It may be enriched by candied citron, or lemon peel, and flavoured with orange flower or rose water.—This may be baked in little cups, turned out into a dish, and served with sweet sauce.

Sweet Sauce.

Flavour thick melted butter with cinnamon and grated lemon peel, sweeten to your taste, and add 1 or 2 wine-glassfuls of white wine.—*Or*: sweeten some thin cream, put in a little piece of butter, heat it, then flavour with cinnamon or lemon peel, and white wine; pour it hot over the pudding, or serve in a tureen.—*Or*: break a stick of cinnamon into bits, boil it ten minutes, in enough water to cover it, add $\frac{1}{4}$ pint of white wine, 2 table-spoonfuls of powdered sugar, and boil it up, strain, and pour it over the pudding.

Bread and Butter Pudding.

Lay some thin slices of stale bread and butter in a deep pudding dish, sprinkle currants over, then put another layer of bread and butter, and so on till the dish is full to about an inch; pour over an unboiled custard (3 eggs to a pint of milk), sweeten to your taste; let it soak an hour, then bake it half an hour.

Custard Pudding.

Boil a stick of cinnamon and a roll of lemon peel, in a pint of new milk; when it has boiled, set the milk by to cool. Beat 5 or 6 eggs, pour the milk to them, sweeten to your taste, and bake in a dish lined with puff paste, for twenty minutes. Cream may be added. Some add a wine-glassful of brandy.

Custard Pudding to Boil.

Prepare a mould as follows; put into it enough powdered sugar to cover it, set it on the stove for the sugar to melt, and take care that the syrup cover the whole inside of the mould; grate a little lemon peel over the sugar, and pour the above mixture of milk and eggs into it; tie a cloth over, and put instantly into boiling water, and let it boil half an hour. Turn it out, and garnish with preserves. These puddings are good, hot or cold.

Little Puddings.

Grate a penny loaf, and put to it a handful of eurrants, a very little fresh butter, nutmeg, and the yolk of an egg; mix well together, make it into little balls, flour them, tie separately in a cloth, and boil them half an hour. Serve quite hot, with wine sauce in the dish.

An Excellent Pudding.

Boil a bit of einnamon in a pint of milk, pour it over thin sliees of a French roll, or an equal quantity of rusks, cover with a plate, and let it cool; beat it up quite smooth with 6 oz. shred suet, $\frac{1}{4}$ lb. eurrants, 3 eggs beaten, and a very little brandy, old rum, or orange flower water. Bake an hour.

Oatmeal Pudding.

Steep the oatmeal all night in milk. Pour off the milk, and stir into the meal some cream, eurrants, spiee, sugar, or salt, to your taste, and 3 or 4 eggs; or, if no cream, use more eggs. Stir well and boil it in a bason an hour, Pour melted butter sweetened over it.

Batter Pudding.

Beat 4 eggs and mix them with 4 table-spoonfuls of flour, make this very smooth, then stir in by degrees, 1 pint of new milk, beat it well, add a tea-spoonful of salt, and boil in a mould an hour, or bake it half an hour.—*Black Cap Pudding* is made in just the same way, with the addition of 3 oz. currants; these will fall to the bottom of the bason, and form a blaek eap when the pudding is turned out.—*Batter Pudding with Fruit* is made as follows: pare, core, and divide, 8 large apples, put them in deep pudding dish, pour a batter over, and bake it.—Cherries, plums, damsons, and most sorts of fruit, make nice puddings in this way.—Serve sweet sauce with batter puddings.—*Or*: raspberry vinegar, such as is made at home, clear, and possessing the flavour of the fruit.

Yorkshire Pudding.

Make a batter as directed in the last receipts, pour it into a shallow tin pan, put it under roasting meat, and stir till it begins to settle. After one or two trials an attentive cook will know exactly when to put the pudding under the meat, for that must depend upon the size of the joint, as it ought to go to table as soon as it is done, or it will be heavy. They are much lighter not turned.

Potatoe Pudding.

Boil in a quart of milk, a bit of lemon peel, and some nutmeg. Rub smooth, in a little cold milk, 4 table-spoonfuls of potatoe flour, and stir it, by degrees, into the hot milk; when cool, add sugar, and 3 or 4 eggs, or more as you like; put it into a dish, and bake it an hour. Brandy or orange flower water may be added.—*Potatoe Pudding under meat* is made in the same way; pour it into a shallow dish, and put it under a roast.—*Or*: a plainer one, mash potatoes, which have been boiled, with milk, salt, and pepper; put in a shallow dish, score neatly, and set them under the roast, to catch the gravy and brown.—*Another*: boil 1 lb. of potatoes, then peel and pound them; boil also the thin pared rind of a lemon, and pound it; melt $\frac{1}{2}$ lb. fresh butter, and mix with the potatoes and lemon peel, add 6 yolks of eggs, 3 whites, also $\frac{1}{2}$ lb. of fine sugar, and bake in a crust, an hour. Potatoes are best for this, early in the season.—*Another and richer*: boil and peel $\frac{1}{2}$ lb. of potatoes, pound them in a mortar with $\frac{1}{4}$ lb. fresh butter and a tea-cupful of cream; add the yolks of 6 or 7 eggs, the whites of 3, the grated peel of 2 lemons, $\frac{1}{2}$ lb. pounded sugar, a tea-spoonful of cinnamon, $\frac{1}{2}$ a tea-spoonful of nutmeg and mace, a wine-glassful of orange wine, and 2 table-spoonfuls of brandy. Bake in a well buttered dish, strew pounded sugar over, and serve it very hot.

Hasty Pudding.

Beat the yolk of an egg into $\frac{1}{2}$ pint of new milk with a little salt, stir this by degrees into 3 table-spoonfuls of

flour, and beat it to a smooth batter. Set $1\frac{1}{2}$ pint of milk on the fire; when sealding hot pour in the batter, keep stirring that it may be smooth and not burn; let it thicken, but not boil. Send it to table as soon as it leaves the fire.

Buttermilk Pudding.

Use fresh buttermilk, and make the same as batter pudding, but without eggs. This is very good, with roast meat; or after meat, with white wine, sugar, or preserves.

Save-All Pudding.

Put any seraps of bread, or dry pieces of home-made cake, into an earthen pipkin, or sauce-pan, with milk, according to the quantity of bread; when the milk boils, beat the bread smooth, add 3 or more eggs, about 3 oz. sugar, a little nutmeg, ginger, and lemon peel; put it into a buttered dish, and strew over the top about 2 oz. finely shred suet, or butter. Bake it three quarters of an hour; or boil it in a bason. Currants or raisins are an improvement.

Camp Pudding.

Melt $\frac{1}{4}$ lb. butter in $\frac{1}{2}$ pint of water, with a little salt, sugar to your taste, and grated lemon peel. When melted, stir in $\frac{1}{4}$ lb. flour, and when nearly cold, add 3 eggs well beaten. Bake in eups, twenty minutes, or fry them.

Pretty Pudding.

A pint of cream, or new milk, 4 eggs (leave out 2 whites), $\frac{1}{2}$ a nutmeg grated, the pulp of 2 large apples (boiled), $\frac{1}{4}$ lb. butter melted, and a tea-cupful of grated bread. Beat all well together, sweeten to your taste. Bake in $\frac{1}{2}$ pint basons, or a dish, half an hour.

Nursery Pudding.

Cut the crumb of a two penny loaf in slices, pour on it

a quart of boiling milk, cover close for ten minutes ; beat it up, and stir in a $\frac{1}{4}$ lb. fresh butter, 4 eggs, a little nutmeg, and sugar. Bake in little patty-pans, or a dish, half an hour.

Arrow Root Pudding.

Rub 2 dessert-spoonfuls of arrow root quite smooth in a little cold milk, pour upon it by degrees, stirring all the time, a pint of scalded new milk; put it on the fire a few minutes to thicken, but not boil, stirring carefully, or it will be lumpy. When cold add sugar, and 3 yolks of eggs. Boil, or bake it half an hour.

Ground Rice Pudding.

Mix 3 table-spoonfuls of ground rice with $\frac{1}{2}$ pint of cold milk: put $1\frac{1}{2}$ pint of new milk on the fire, and when scalding hot pour the rice and milk into it, stirring it over the fire till it thickens: let it cool, then add 3 eggs well beaten, a little powdered sugar, nutmeg, and a spoonful of orange flower water, stir all well together, and bake in a dish, with a paste border, half an hour. Currants may be added. It may be boiled in a mould, an hour. Indian corn flour makes good puddings in the same way; and there are preparations of Indian corn, such as *soujje*, *semolina*, and *golden polenta*, which may be dressed in the same way.

Semolina Pudding.

Mix 2 oz. of semolina with a little cold milk to be quite smooth, then pour over it a pint of milk which has been boiled, stir it, and sweeten to your taste, then put it into a sauce-pan, and keep stirring till it boils, take it off the fire and stir till only luke warm: add a large slice of butter, the yolks of 4 eggs, the juice of a lemon, and a wine-glassful of brandy. Line a dish with paste, pour in the mixture, and bake it half an hour.

Indian Corn Mush.

Boil 2 quarts of water with a little salt, and mix it, by

degrees, into 1 lb. corn meal; boil very gently three quarters of hour, stirring all the time, that the meal may not adhere to the bottom of the sauce-pan, and burn; pour it in a bason and let it cool. Turn it out, cut in slices an inch thick, and fry these in butter or lard, or very nice dripping, to eat with roast meat.—*Or*: these slices may be warmed in the dripping-pan, under a roast.

Whole Rice Pudding.

Rice cooks the better for being soaked an hour in cold water. Wash well, and pick, a tea-cupful of good rice, boil it slowly ten minutes, in a little water, pour that off, and pour over the rice $1\frac{1}{2}$ pint of new milk; let the milk just boil up, pour it into a deep dish, stir in a bit of butter, sugar to your taste, a little pounded cinnamon, and grated lemon peel; bake it, and it will be a good plain pudding. This may be made richer by adding to the rice and milk, when poured into the dish, some sliced suet, and chopped raisins, also 3 or 4 eggs. Candied peel may also be added.—*Or*: apples pared, cored, and sliced, may be spread at the bottom of the dish, and the rice and milk poured over them.—*Little rice puddings* may be made by boiling the rice (after it has been parboiled in water) in a pint of cream, and a bit of butter; let it get quite cold, then mix with it, the yolks of 6 eggs, sugar, grated lemon peel, and cinnamon; butter some little cups, lay some slices of candied citron, or lemon, at the bottom, fill up with rice, bake, turn them out in a dish, and pour sweet sauce round them. A little ratafia is an improvement.

Rice Pudding to Boil.

Wash and pick $\frac{1}{4}$ lb. of rice, tie it in a cloth, leaving room to swell, boil it an hour. Turn it out in a dish, pour melted butter and sifted sugar over.—*Or*: apples sliced may be mixed with the rice when it is put into the pudding cloth.—*Or*: boil $\frac{1}{2}$ lb. of rice in $1\frac{1}{2}$ pint of milk till tender, then mix with it $\frac{1}{2}$ lb. of suet, and the same of currants and raisins all chopped, 3 or 4 eggs, 1 table-spoonful of sugar, the same of brandy, a little nutmeg and lemon peel grated; beat well together, put 2 table-spoon-

fuls of flour to bind it, and boil in a mould or bason, five hours.

Buxton Pudding.

Boil 1 pint new milk; rub smoothly with a little eold milk, 2 table-spoonfuls of flour, and mix it by degrees to the boiled milk, and set it over the fire, let it boil five minutes, then eool; stir in 4 oz. melted butter, 5 eggs, 6 oz. lump sugar, and the rind of a lemon grated. Bake half an hour.

Vermicelli Pudding.

Boil 1 pint of new milk, put to it 4 oz. fine vermicelli, boil them together till the latter is eooked; add $\frac{1}{4}$ lb. butter, the yolks of 4 eggs, $\frac{1}{4}$ lb. sugar, a little einnamon, nutmeg, and lemon peel grated. Boil in a bason; or bake twenty minutes. Cream is an improvement.

Sago Pudding.

Wash it in several waters, then let it soak an hour. Boil 5 table-spoonfuls in a quart of new milk, with sugar, cinnamon, grated lemon peel and nutmeg, to your taste; when eold add 4 eggs, then bake it in a dish with a paste border, in a slow oven. Some prefer the prepared sago powder for this.—*Another*: boil 5 or 6 table-spoonfuls of pearl sago in $1\frac{1}{2}$ pint of water, with the peel of a lemon, and a little mace and einnamon; when very thick, add a pint of port or claret, and pounded sugar to your taste; let it eool, add the yolks of 6 or 8 eggs, and the whites of 2, mix well together and bake it.

Tapioca Pudding.

The same as Sago Pudding.

Millet Pudding.

Wash 4 oz. of the seeds, pour on them $1\frac{1}{2}$ pint of boiling milk, add 2 oz. butter, a little sugar, ginger, and

nutmeg; cover with a plate, and let it remain till cold, then stir in 3 eggs : boil or bake it.

Maccaroni Pudding.

Simmer 3 oz. pipe maccaroni in $1\frac{1}{2}$ pint of milk, and a little salt, till tender. (*Or* : simmer it in water, pour that off, then put the hot milk to the maccaroni). Let it cool, add the yolks of 3 eggs, a little nutmeg, cinnamon, powdered sugar, and a table-spoonful of almond flower water, and bake it.—*Or* : to make it richer, put a layer of any preserve in the centre of the maccaroni. Lay a paste round the edge of the dish.—*Or* : simmer 6 oz. maccaroni till tender, pour the water off, and let the maccaroni cool. Beat the yolks of 6 eggs, the whites of 3, and stir them into $\frac{1}{2}$ pint of good cream, with a very little salt and pepper. Skin and mince the breast of a cold fowl, with half its quantity of lean ham ; grate $1\frac{1}{2}$ oz. parmesan over the mince, and mix it with the maccaroni, then pour it into a shape or bason ; boil or steam it.

A Pudding always liked.

Put $\frac{1}{2}$ lb. ratafia drops, $\frac{1}{4}$ lb. jar raisins stoned and slit in two, 2 oz. sweet almonds slit and blanched, 2 oz. of citron and candied lemon (both sliced), in layers in a deep dish, and pour over a wine-glassful of sherry and the same of brandy *mixed* : pour over a good, rich unboiled custard to fill up the dish, then bake it from ten minutes to a quarter of an hour.

Cheese Pudding.

Grate $\frac{1}{2}$ lb. of Cheshire cheese, into a table-spoonful of finely grated bread, mix them up with 2 eggs, a tea-cupful of cream, add the same of oiled butter ; bake in a small dish lined with puff paste.

Ratafia Pudding.

Blanch, and beat to a paste, in a mortar, $\frac{1}{2}$ lb. of sweet, and $\frac{1}{2}$ oz. of bitter almonds, with a table-spoonful of orange

flower water ; add 3 oz. of fresh butter, melted in a wine-glassful of hot cream, 4 eggs, sugar to taste, a very little nutmeg, and a table-spoonful of brandy. Bake in a small dish, or little cups buttered : serve white wine sauce.

Staffordshire Pudding.

Weigh 3 eggs in their shells, and their weight of flour, butter and sifted lump sugar ; beat first the eggs, then add to them the butter and sugar, and beat them well together for half an hour. Butter some small cups, fill them 3 parts full, and bake in a slow oven, twenty minutes. Serve in sweet sauce.

Baked Almond Pudding.

Beat 6 oz. of sweet and 12 bitter almonds, to a paste ; mix this with the yolks of 6 eggs, 4 oz. butter, the grated peel and juice of a lemon, $1\frac{1}{2}$ pint of cream, a glass of white wine, and some sugar. Put a paste border round a dish, pour in the pudding, and bake it half an hour.

Orange Pudding.

Grate the rind of a large seville orange into a mortar, put to it 4 oz. fresh butter and 6 oz. finely powdered sugar ; beat well, and mix in, gradually, 8 eggs ; have ready soaked in milk, 3 sponge biscuits, and mix them to the rest ; beat well, pour it into a shallow dish, lined with a rich puff paste, and bake till the paste is done.—*Or* : the yolks of 8, whites of 4 eggs well beaten, 4 table-spoonfuls of orange marmalade, 4 oz. pounded sugar, 4 oz. fresh butter, 2 oz. pounded Naples biscuits, 2 table-spoonfuls of cream, 2 of sherry and 1 of good brandy ; mix all together, and bake in a dish with a very thin paste.

Lemon Pudding.

Put $\frac{1}{2}$ lb. fresh butter with $\frac{1}{2}$ lb. lump sugar into a saucepan, and stir it over the fire till the sugar is melted, turn it out to cool : beat 8 eggs, very well, add to them the juice of 2, and the grated peel of 3 lemons, and mix these well with

the butter and sugar, also a wine-glassful of brandy; bake in a dish lined with puff paste, half an hour.—*Or*: boil in several waters the peel of 4 large lemons, and when cold pound it in a mortar with $\frac{1}{2}$ lb. of lump sugar; add $\frac{1}{2}$ lb. fresh butter beaten to a cream, 6 yolks of eggs, 3 whites, 2 table-spoonfuls of brandy and the juice of 3 lemons, mix well, and bake in a moderately quick oven; when done strew sifted sugar over.

Brandy Pudding.

Line a mould, first with raisins stoned, or with dried cherries, then with thin slices of french roll, then with ratafias or macearouns, then put in preserved, or fresh fruit, as you like, mixed with sponge, and what other cakes you choose, until the mould be full, sprinkling in at times 2 glasses of brandy. Beat 4 eggs, yolks and whites, put them into a pint of new milk or cream, which has been scalded and a little sweetened, also grated nutmeg and lemon peel; let the liquid sink gradually into the solid part, flour a cloth, tie it tight over, and boil the pudding one hour, keeping the right side up.

Baked Apple Pudding.

Having pared and cored them, stew 1lb. of apples in a small stew-pan, with a very little water, a stick of cinnamon, 2 or 3 cloves, and grated lemon peel; when soft, pulp the apples through a sieve, sweeten them, or, if they want sharpness, add the juice of half, or a whole lemon, also a $\frac{1}{4}$ lb. good fresh butter, and the yolks of 3 eggs well beaten; line a pudding dish, or patty-pans, with a good puff paste; pour the pudding in, and bake half an hour, or less, as required. A little brandy or orange flower water, and more eggs may be used.

Another.

Prepare the apples as in the last receipt: butter a dish and strew a very thick coating of crumbs of bread, put in the apples, and cover with more crumbs; bake in a moderate oven half an hour, then turn it carefully out, and

strew bits of lemon peel and finely sifted sugar over.—Rice may be used instead of crumbs of bread, but it must be first boiled till quite tender in milk, then sweetened, and flavoured with nutmeg and pounded cinnamon, stir a good sized piece of butter into it.

Baked Gooseberry Pudding.

The same as baked apple pudding.

Swiss Apple Pudding.

Break some rusks in bits, and soak them in boiling milk. Put a layer of sliced apples and sugar in a pudding dish then a layer of rusks, and so on; finish with rusks, pour thin melted butter over, and bake it.

Peach, Apricot, and Nectarine, Pudding.

Pour a pint of boiling, thin cream, over a breakfast-cupful of bread crumbs, and cover with a plate. When cold, beat them up with the yolks of 4 eggs, sugar to taste, and a glass of white wine. Scald 12 large peaches, peel them, take out the kernels, pound these with the fruit, in a mortar, and mix with the other ingredients; put all into a dish with a paste border, and bake it.

Another Apricot Pudding.

Coddle 6 large apricots till quite tender, cut them in quarters, sweeten to your taste, and when cold, add 6 yolks of eggs and 2 whites, well beaten, also a little cream. Put this in a dish lined with puff paste, and bake it half an hour in a slow oven: strew powdered sugar over, and send it to table.

For this and other delicate puddings, which require but little baking, rather shallow dishes should be used; and if the pudding is not to be *turned out*, a pretty paste border only is required; this may be formed of leaves neatly cut, and laid round the dish, their edges just lying over each other.

A Cabinet Pudding.

Pour a pint of hot cream over $\frac{1}{2}$ lb. of savoy biseuit, and cover it; when the cream is cold, beat it up, add the yolks and whites of 8 eggs, beaten separately, and a little sugar and lemon peel. Butter a mould, stick some stoned raisins round, and pour in the pudding. Boil or bake it.

Citron Pudding.

Mix $\frac{1}{2}$ pint of good cream by degrees, with 1 table-spoonful of fine flour, add 2 oz. of lump sugar, a little nutmeg and the yolks of 2 eggs; pour it into a dish or little cups, stick in 2 oz. of citron cut very fine, and bake in a moderate oven.

Maccaroon Pudding.

Pour a pint of boiling cream or new milk, flavoured with cinnamon and lemon peel, over $\frac{1}{4}$ lb. maccaroon and $\frac{1}{4}$ lb. almond cakes; when cold break them up small, add the yolks of 6 and the whites of 4 eggs, 2 table-spoonfuls of orange marmalade, 2 oz. fresh butter, 2 oz. sifted sugar, a glass of sherry and one of brandy mixed: mix well, put it into cups, and bake fifteen minutes.

*New College Pudding.**The Original Receipt.*

Grate a stale penny loaf, shred fine $\frac{1}{2}$ lb. suet, beat 4 eggs, and mix all well together, with 4 oz. of sifted sugar, a little nutmeg, a wine-glassful of brandy, a little candied orange and lemon peel, and a little rose or orange flower water. Fry these in good butter, and pour melted butter with a glass of white wine over them in the dish. The several ingredients may be prepared apart, but must not be mixed till you are ready to fry them.—*Another*: to 4 oz. of grated bread add 4 oz. suet shred fine, 4 oz. currants, 2 eggs, 3 table-spoonfuls of brandy, with sugar, lemon peel

and nutmeg to your taste; mix well together, make into 4 little puddings, and boil them an hour.

Paradise Pudding.

Pare and chop 6 apples very fine, mix them with 6 oz. bread crumbs, 6 oz. powdered sugar, 6 oz. currants, 6 eggs, a little salt, nutmeg, and lemon peel, also a glass of brandy. Boil in a bason one hour and a half.—Some add 6 oz. of suet to this and boil it longer.

Yeast or Light Dumplings.

Put $1\frac{1}{2}$ table-spoonfuls of good yeast into as much cold water as will mix a quartern of fine flour into dough; add a little salt, knead it lightly, cover with a cloth, and let it stand in rather a warm place, not exposed to a current of air, two or three hours. Make it into 12 dumplings, let them stand half an hour, put them into a large vessel of boiling water, keep the lid on, and they will be done in fifteen or twenty minutes. Serve melted butter.

Drop Dumplings.

Mix the beaten yolks of 3 eggs, with a bit of butter the size of an egg, 3 table-spoonfuls of flour, and a tea-spoonful of salt; beat all well together. Have abroad and shallow stew-pan with boiling water; drop a spoonful at a time into the water, and let it boil five minutes; take out the dumplings with a slice, and lay them on a sieve to drain, a minute or two. Serve quite hot; with thin melted butter poured over.

Hard Dumplings.

Sprinkle a little salt into the flour and mix it up rather stiff with water, make it into dumplings, and boil them with beef or pork. They may be made in cakes as broad as a small plate, about an inch thick; place a skimmer in the pot, lay the cake on it, boil it half an hour; score it deeply, and slip slices of butter in, sprinkle a little salt over, and serve it quite hot. A very little lard may be rubbed into the flour.

Pancakes.

Batter for pancakes requires long beating; but the great art consists in frying them. The lard, butter, or dripping, must be sweet, fresh, and hot, as for fish. Beat 2 eggs and stir them, with a little salt, into 3 table-spoonfuls of flour (or allow an egg to each spoonful of flour), add pounded cinnamon, and by degrees, a pint of new milk, and beat it to a smooth batter. Make a small round frying-pan quite hot, put a piece of butter, or lard, into it, and, when melted, pour it out and wipe the pan; put a piece more in, and when it has melted and begins to froth, pour a ladle or tea-cupful of the batter in, toss the pan round, run a knife round the edges, and turn the pancake when the top is of a light brown; brown the other side; roll it up, and serve very hot. Currant jelly or any sort of marmalade may be spread thinly on the pancake before it is rolled up. Cream and more eggs may be used to make it richer. Brandy or peach water is an improvement. Some like the flavour of lemon juice with pancakes, there should, therefore, be a lemon on the table.

Whole Rice Pancakes.

Boil $\frac{1}{2}$ lb. rice in water till quite tender, strain, and let it cool; then break it very fine, and add $\frac{1}{2}$ lb. clarified butter, $\frac{1}{2}$ pint of scalded cream, or good new milk, a little salt, nutmeg, and 5 eggs, well beaten. Mix well, and fry the pancakes nicely. Garnish with slices of lemon, or seville orange.

Ground Rice Pancakes.

Stir, by degrees, into a quart of new milk, 4 table-spoonfuls of ground rice and a very little salt, set it on the fire, and keep stirring till it is as thick as pap; stir in $\frac{1}{2}$ lb. butter and a little grated nutmeg, and let it cool; add 4 table-spoonfuls of flour, a little sugar, and 9 eggs: beat well together, and fry them.

Fritters.

Make batter the same as directed for pancakes, but stiffer; pour a large spoonful into boiling lard, or dripping; fry as many at a time as the pan will hold. Sift powdered sugar over, and serve on a hot dish. Fritters are usually made with finely minced apple, or currants well washed, picked, and stirred into the batter; or any sweetmeat stiff enough to be cut into little bits; or candied lemon or orange peel.

Apple Fritters.

Make a stiff common pancake batter. Boil $\frac{1}{2}$ a stick of cinnamon in a breakfast-cupful of water, and let it cool. Peel and core some large apples, cut them in round slices, and steep them for half an hour, or more, in the cinnamon water; then dip each piece in the batter, and fry them in lard, or clarified dripping. Drain, dust sugar over each one, and serve them hot.—*Or*: to make a pretty dish, drop enough batter into the pan to form a fritter the size of the slices of apple, lay a slice of apple upon that, and drop batter on the top.—*Or*: the apples may be pared, cored, half baked (whole), then dipped in batter, and fried.

Potatoe Fritters.

Boil $\frac{1}{2}$ lb. potatoes, let them cool, then scrape them; beat up 4 eggs, stir into them a table-spoonful of cream, a little salt, nutmeg, a wine-glassful of white wine, and a tea-spoonful of lemon juice; beat this with the potatoes, till they become a light batter, and fry them in lard or dripping.

A Rice White Pot.

Boil 1 lb. whole rice in 2 quarts of new milk, till quite tender, strain, and beat it in a mortar with $\frac{1}{4}$ lb. blanched almonds, and a little rose water. Boil 2 quarts of cream with a blade or 2 of mace, let it cool, and stir into it 5 eggs

well beaten, sweeten to taste, pour it into the rice, mix well, and bake half an hour. Lay some slices of candied orange and citron on the top before you put it into the oven.—*Or*: to a quart of new milk add the yolks of 4, and the whites of 2 eggs, a table-spoonful of rose water, and 2 oz. sugar; beat well, and pour it into a pie dish, over some thin slices of bread: bake it half an hour.

Pain Perdu.

Boil a pint of cream, or new milk; when cold, stir in 6 eggs, and put in a french roll, cut in slices, to soak an hour. Fry the slices, in butter, of a light brown, and serve with pudding sauce poured over.

CHAPTER XXII.

BREAD, CAKES, BISCUITS, ROLLS, AND MUFFINS.

ALMOST every county has its peculiar fashion of making bread; and almost every hand differs in the practice. The receipt here given is the one followed by most persons in Hampshire; and I select it, being the one I am most familiar with, and not because that county is famed for excellence in bread; for much depends upon the goodness of the flour, and some other parts of England excel Hampshire in this respect.

Good bread is so essential, that no pains ought to be spared to procure it. For this purpose the flour ought to be well prepared, and kept in a dry place. Some persons like brown bread, but it is not, in general, so wholesome as that which is all white. Six pounds of rye flour, to a peck of wheaten flour, makes very good bread. Some like the taste of potatoes in bread. They should be of the best mealy kind, and boiled, or, which is better, *baked*, till cooked enough to eat, then peeled and rubbed, or pounded, quite smooth, and mixed well with the flour, when set to rise.

The advantages of making bread *at home*, in preference to buying it at the baker's, are stated in the "*COTTAGE ECONOMY*"; and I refer my readers to that little work, to convince them that they will benefit greatly by following the advice there given on this subject.

Brick ovens are much better than iron. The oven should never be allowed to be out of repair; and should be heated with good wood, as the shorter time it is becoming hot the better. The "*Cottage Economy*" gives very minute instructions upon this subject, which are worthy the attention of any housekeeper not already acquainted with the art of bread making.

Small beer yeast is better than any other for making bread, as ale, or strong beer yeast is generally too bitter.

To take the Bitter from Yeast.

Put the yeast to the water you use to mix the "batter," or as the country people call it, "set the sponge," and stir into it 2 or 3 good handfuls of bran; pour it through a sieve or jelly bag (kept for the purpose), and then mix it into the flour. The bran not only corrects the bitterness of the yeast, but communicates a sweetness to the bread.—*Or*: put into the yeast 2 or 3 pieces of wood coal, stir them about, pour the water in, and then strain it.

Potatoe Yeast.

Wash, skin, and grate the potatoes, put them into an earthen pan with clear water, and shake it well; let it settle, then pour off the clear water; add fresh water, shake well, and pour it through a sieve, into an earthen pan; in a few minutes pour off the clear water, and you will find the yeast at the bottom of the pan. You may use it then, or dry it for future use.

Household Bread.

(From Cobbett's Cottage Economy.)

"Supposing the quantity to be a bushel of flour, put it into the trough, and make a deep hole in the middle. Stir into a pint (or if very thick and good, $\frac{1}{2}$ or $\frac{3}{4}$ pint), of yeast, a pint of soft warm water, and pour it into the hole in the flour. In very cold weather the water should be nearly hot, in very warm weather only lukewarm. Take a spoon and work it round the outside of this body of moisture, so as to bring into that body, by degrees, flour enough to form a *thin batter*, which you must stir about well for a minute or two. Then take a handful of flour and scatter it thinly over the head of this batter, so as to *hide* it. Cover a cloth over the trough to keep the air from the bread, and the thickness of this covering, as well as the situation of the trough as to distance from the fire, must depend on the nature of the place and state of the weather, as to heat and cold. When you perceive that

the batter has risen enough to make *cracks* in the flour that you covered it over with, you begin to form the whole mass into *dough*, thus: you begin round the hole containing the batter, working the flour into the batter, and pouring in, as it is wanted, soft water, or half milk and half water, in winter a *little* warm, in summer quite cold; but before you begin this, you scatter the salt over the heap, at the rate of a lb. to a bushel of flour. When you have got the whole *sufficiently moist*, you *knead it well*. This is a grand part of the business; for unless the dough be *well worked*, there will be *little round lumps of flour in the loaves*; besides which, the original batter, which is to give fermentation to the whole, will not be duly mixed. The dough must, therefore, be well worked. The *fists* must go heartily into it. It must be rolled over; pressed out; folded up, and pressed out again, until it be completely mixed, and formed into a *stiff and tough dough*."

The loaves are made up according to fancy, both as to size and shape; and the time they require to bake will greatly depend upon the former, for the household loaf of a Hampshire farm-house takes three hours or three hours and a half, while that of a Norfolk farm house does not, I should imagine, require half the time.

French Bread or Rolls.

Warm $1\frac{1}{2}$ pint of milk, add $\frac{1}{2}$ pint yeast, and mix them with fine flour to make a thick batter, put it near the fire to rise, keeping it covered. When it has risen as high as it will, add $\frac{1}{4}$ pint of warm water, $\frac{1}{2}$ oz. salt, 2 oz butter; rub the butter first with a little dry flour, then mix the dough not quite so stiff as for common bread; let it stand three quarters of an hour to rise, then make it into rolls. Bake in a quick oven.

Rice Bread.

To 4 lb. wheat flour, allow 1 lb. rice; the latter must be first boiled in four times its weight of water, till it becomes a perfect pulp, then mix by degrees, the flour with the rice, and sufficient yeast for the quantity of bread; knead and set it to rise.

It was the fashion in this country to present a variety of cakes, some hot and some cold, on the tea table; but now, except in some of the northern counties, the good custom is obsolete. Indeed the universal practice of dining late renders such things superfluous in towns, but in the country, where the generality of people still take their dinner in the middle of the day, and where, in consequence, the tea must, or ought to be, a somewhat substantial meal, cold bread and butter is but a cheerless provision.

In America, it is the general custom to dine early, to take tea rather late, and no supper; and there providing for the tea table is a matter of as much consideration as providing for the dinner table is in England or France. Every house in America, especially in the country, has one, two, or more cottage ovens of various sizes. I believe that these very useful things are known in some parts of England, but I never saw them except in America. They are particularly adapted to open fire places, where wood or peat are burnt. They are very much the same as the iron pots, which stand on legs, except that the bottom of the oven is flat, and not round, and that the lid fits into the top, leaving a space sufficient to hold a layer of hot coals: the oven stands upon legs, at a little distance from the ground, to admit of hot coals, from the fire, being placed under it. A loaf the size of our quarter loaf may be baked in this way, as well as tarts, cakes, custards, apples, pears, &c., &c.. By means of this little oven, much labour and fuel may be saved. Another appendage to an American kitchen, is the *girdle* for baking many sorts of cakes, and crumpets; and on this girdle they cook their far famed buck wheat cakes. It is a round iron plate, with a handle over it, which is hung upon the crane upon which iron pots are hung, or it will stand upon a trivet, and then the crumpets are cooked in the same way as pancakes; and they are much better *thus*, fresh made, than as they are generally eaten.

At a respectable farm-house in America, a traveller cannot fail to be pleased with the elegant, as well as comfortable, appearance of the tea table. In the first place, a white cloth is almost always spread, for the Americans are not generally sufficiently refined in their habits, to serve any repast upon bare boards, neither do their ideas

of "*comfort*," appear to be consistent with eating off cold mahogany : a large plum or seed cake, one or more sorts of small cakes, a dish of grated or thinly sliced bacon or mutton ham, by way of a relish, one or two sorts of sweetmeats, or baked apples or pears, with cream to eat with them, and a hot buttered cake, just drawn from the oven, or a pile of crumpets, hot from the girdle, will often be found ready prepared without any previous expectation of a visitor. It is not, therefore, matter of wonder, that, since our visit to America, the tea tables of England have appeared cheerless and inhospitable to our sight, or that a desire should have been formed, to see them otherwise.

In the country, where eggs, cream, and flour (the chief ingredients), are always to be obtained in perfection, there is no excuse for an absence of cakes for the tea, or of rolls at the breakfast table. In most houses, there are young ladies, who might attend to this department, with very little loss of time, and with much credit to themselves, and I should be glad if I saw reason to hope that those who are now growing up would not despise the practice. The more difficult and intricate articles of ornamental confectionary, may be too troublesome for any but professors of the art ; but all *cakes* may be made at home. Nothing worth knowing, is to be learned without some trouble ; but in the art of making and baking cakes, few failures can take place after there has been any number of trials.

The flour used in making cakes should be of the best quality, well dried, and sifted. The eggs quite fresh, beaten separately, and beaten well. Currants should be well washed, picked, and dried in a cloth, or before the fire. The ingredients should be thoroughly mixed, and the cake put into the oven instantly, unless there be yeast, and then time must be given for it to rise.

Sal Volatile is much used, not to make cakes rise, but to prevent their flattening, after they have risen, but though the practice may not be injurious, it had better be avoided. Yeast ought to be sweet, white, and thick ; and may be prepared in the manner directed for bread. Pearl-ash is sometimes used to lighten bread and cakes, and it answers very well.

Potatoes are sometimes used in cakes as well as bread. They should be first baked and not boiled, as the former process makes them drier, and consequently lighter.

An iceing for cakes is made as follows: to $\frac{1}{2}$ lb. finely sifted sugar put the whites of 2 eggs, beaten with a little water; beat all well with a whisk till quite smooth, and spread it thickly over the cake, with a spoon; for small cakes, put it on lightly, with a brush.

Ovens vary so much, that experience alone can teach what quantity of fuel, and what portion of time may be required to heat any particular one. When such knowledge is once obtained, it will be a matter of no great difficulty so to manage the oven that it be always of the right temperature; which it must be or all labour is lost.

Cakes will keep moist a long time, if put by in a pan, and covered with a cloth.

A Rich Plum Cake.

To 1 lb. each, of currants and flour, rubbed together, add 12 oz. fresh butter, beaten to a cream. Beat the whites and yolks of 16 eggs, put to them nearly 1 lb. finely powdered sugar, set this mixture over the fire, and whisk it till the eggs are warm; then take it off, beat till cold, and stir in, first, the butter, then the flour and currants; beat altogether well, add $\frac{1}{2}$ oz. bitter almonds, beaten to a paste, 2 oz. sweet almonds, blanched, and cut the long way, $\frac{1}{2}$ oz. pounded cinnamon and mace, and $\frac{1}{2}$ lb. candied peel, either citron, lemon, or orange, or a portion of each; add a little brandy or any highly flavoured liquor. Paper a hoop and pour in the cake. An hour and a half, or two hours will bake it.—*Another*: beat 1 lb. butter to a cream, put to it $\frac{3}{4}$ lb. fine sifted sugar, and a little rose or orange flower water, beat it; then add 8 yolks of eggs, the whites of 4, $\frac{1}{2}$ lb. almonds, blanched and beaten, $1\frac{1}{2}$ lb. currants, a little each, of cinnamon, mace, cloves, nutmeg, and ginger, and 1 lb. flour. You may add 2 table-spoonfuls of brandy, 1 oz. citron, 1 oz. candied lemon peel, and the same of orange peel. Bake it two hours.

A very good Cake.

Beat 2 lb. fresh butter, with a little rose water, till it is like cream; rub it into 2 lb. well dried flour; add the peel of a lemon grated, 1 lb. loaf sugar pounded and sifted, 15 eggs (beat the whites by themselves, the yolks with the sugar), a $\frac{1}{4}$ pint of brandy, the same of Lisbon or Marsalla, $2\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. almonds, blanched and cut in slices, beat well together, put it in a buttered tin or dish, bake two hours. Candied lemon or citron may be added.

Pound Cake.

To 1 lb. flour add 1 lb. butter beaten to a cream, and 8 eggs: beat well, add a little sifted sugar, and grated lemon peel. You may add currants or carraways, to your taste. Beat well, and bake in rather a quick oven an hour.

Common Cake.

To 2 lb. flour, add $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, 4 eggs, 1 lb. currants, 1 oz. candied citron, or lemon, 1 oz. carraway seeds a little nutmeg, and 3 table-spoonfuls of yeast. Beat all well together half an hour, then put it in the oven directly.

A Cake without Butter.

Take the weight of 5 eggs (in their shells), in sifted sugar, and the weight of 3 in flour: beat the eggs, add first, the sugar, then the flour, the rinds of 2 large lemons grated, and a wine-glassful of sherry or brandy. Bake in a tin mould in a quick oven.—*Another*: To a quartern of dough add $\frac{1}{2}$ lb. butter, 4 eggs, $\frac{1}{2}$ lb. currants, and $\frac{1}{2}$ lb. sugar, beat all well together more than half an hour, and bake in a buttered tin.

A Rich Seed Cake.

Mix into 1 lb. flour, 1 lb. sifted sugar, and stir in, by degrees, 8 eggs, well beaten, whisk all well together, and

add 3 oz. sweet almonds blanched and cut, some candied citron, lemon, and orange peel, and 12 oz. butter, beaten to a cream; a little pounded cinnamon, mace, and caraway seeds. Pour it into a papered hoop, and strew carraways on the top.—*Another*: Put 2 lb. flour into a deep pan, and mix into it $\frac{1}{4}$ lb. sifted white sugar. Make a hole in the centre, pour in $\frac{1}{2}$ pint of lukewarm milk and 2 table-spoonfuls of good yeast; stir a little of the flour in, cover a cloth lightly over, and let it stand an hour and a half to rise. Then work it up, with $\frac{1}{2}$ lb. melted butter, a little allspice, ginger, nutmeg, and 1 oz. caraway seeds; adding warm milk sufficient to work it to a proper degree of stiffness. Butter a hoop or dish, and pour in the cake; let it stand in a warm place another half hour to rise, then put it into the oven.

A Rice Cake.

Mix with $\frac{1}{2}$ lb. sifted rice flour, $\frac{1}{2}$ lb. sifted loaf sugar, and stir in them, 6 eggs, well beaten and strained. Add a little grated lemon peel, a spoonful of ratafia, and one of orange flower water; beat it well a quarter of an hour, and bake in a quick oven.—*Another*: beat the yolks of 5 with the whites of 3 eggs, put to them a $\frac{1}{4}$ lb. flour, $\frac{1}{2}$ lb. of sifted sugar, and $\frac{1}{2}$ lb. ground rice, beat well, and bake in a tin.—*Another*: the yolks of 8 eggs, the whites of 4, beat well, strew in $\frac{1}{2}$ lb. of powdered sugar, and $\frac{1}{2}$ lb. ground rice, beat well; add 2 table-spoonfuls brandy, the same of sherry, and what grated lemon and candied orange you like. Beat it an hour, pour it into a buttered pan, and bake it an hour.

Harvest Cake.

Mix into 3 lb. flour, $\frac{1}{4}$ oz. of powdered allspice; in another bowl put $\frac{3}{4}$ lb. sugar, either moist or lump, 2 oz. butter, 2 eggs, 3 table-spoonfuls of yeast, beat well, then mix them in the flour, with $\frac{3}{4}$ lb. currants, and enough warm milk and water, to make up the cake, set it by the fire an hour to rise.

Soda Cake.

Put into a bowl $\frac{1}{2}$ lb. butter, 1 lb. flour, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. currants, and 50 grains of carbonate of soda, mix these well together, wet them with $\frac{1}{2}$ pint new milk, and put the cake into the oven instantly.

Sponge Cake.

Take the weight of 12 eggs, in sifted sugar, and the weight of 6, in fine flour. Beat the eggs separately; stir the sugar into the yolks and beat well, then put in the whites and beat again, add a little nutmeg, and rose water, and just before you put the cake in the oven, stir the flour lightly into the eggs and sugar. This cake must be beaten with a whisk. Bake in rather a quick oven, three quarters, or nearly an hour.—*Another*: Beat well, and separately, the yolks and whites of 5 eggs, put them together, add grated lemon peel, and 5 oz. fine sugar, beat again for an hour and a half, then stir in as lightly as possible, 4 oz. flour, previously dried before the fire.—*Another*: boil $\frac{3}{4}$ lb. of lump sugar in $\frac{1}{2}$ pint of water to a syrup: beat 7 eggs well, and pour the syrup boiling hot into them, stirring all the time, then beat it for three quarters of an hour, and just before it is put in the oven, stir in lightly 10 oz. of fine flour, pour it in a mould and bake in a slow oven. Lemon peel may be added.

Marlborough Cake.

Beat 8 eggs, strain, and put to them 1 lb. finely sifted sugar, and beat the mixture well half an hour; then put in $\frac{1}{2}$ lb. well dried flour, and 2 oz. carraway seeds, beat well five minutes, pour it into shallow tin pans, and bake in a quick oven.

Sugar Cake.

Beat well the yolks of 12 and the whites of 6 eggs, then strain them, and add 1 lb. of lump sugar, beat well, and just before it goes to the oven, put in $\frac{1}{2}$ lb. of flour. Bake it an hour

Gingerbread.

Put $1\frac{1}{4}$ lb. treacle on the fire, and as it gets hot, take off the scum; stir in $\frac{1}{4}$ lb. of fresh butter, and let it cool; then mix it into a paste with $1\frac{1}{2}$ lb. flour, 4 oz. brown sugar, a little ginger, and allspice; cut it into shapes, and bake on tins. More butter, or a little cream may be added. Candied orange, lemon peel, or carraway seeds, may be added.

Soft Gingerbread.

Six tea-cupfuls of flour, 3 of treacle, 1 of cream, and 1 of butter, 2 eggs, a table-spoonful of pearl-ash, dissolved in cold water, 1 table-spoonful of ginger, 1 tea-spoonful of pounded cloves, and a few raisins, stoned; mix well and bake in a rather slow oven.

Gingerbread Nuts.

They may be made the same as in the receipt before the last, adding more spice. Cut in small cakes, or drop them from a spoon, and bake on paper.

Volatile Cakes.

Melt $\frac{1}{2}$ lb. butter, and stir into it 4 eggs well beaten, 1 tea-spoonful of powdered volatile salts, dissolved in a tea-spoonful of milk, add $\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. finely powdered loaf sugar, a few currants and carraway seeds. Mix well, and drop the cakes on tins. They will rise very much. Bake in a quick oven.

Ginger or Hunting Cakes.

To 2 lb. sugar, add 1 lb. butter, 2 oz. ginger, and a nutmeg grated; rub these into 1 lb. flour, and wet it with a pint of warm cream, or as much as is sufficient; roll out in thin cakes and bake in a slack oven.

Ginger Rock Cakes.

Pound 1 lb. of loaf sugar, leaving a part of it as large as hemp seeds; beat the whites of 2 eggs to a froth, add a dessert-spoonful of refined ginger (such as the druggists sell in bottles), mix all well together with a tea-spoon, drop it on tins, and bake in a moderate oven, a quarter of an hour.

Plain Biscuits.

To 1 lb. flour, put the yolk of 1 egg, and milk sufficient to mix into a stiff paste, knead it smooth, then roll out thin, cut it in round shapes, prick with a fork, and bake them in a slow oven.—*Another*: to 1 lb. flour add $\frac{1}{4}$ lb. butter, beaten to a cream, 5 oz. loaf sugar, 5 eggs and some carraway seeds: beat the whole well for an hour, and pour the biscuits on tins, each one a large spoonful. If not sufficiently thin and smooth, add another egg, or a little milk.—*Another*: rub 4 oz. fresh butter very smooth into 8 oz. flour, add 3 oz. sifted sugar, and a table-spoonful of carraways: then add the yolks of 4 eggs, and a table-spoonful of cream. Bake in a quick oven.

Indian Corn Biscuits.

To $\frac{1}{2}$ lb. butter, add 6 oz. pounded sugar, and 3 eggs well beaten; when well mixed, add $\frac{3}{4}$ lb. corn flour, a little nutmeg, and some carraway seeds, beat well, and bake on little tins.—*Another*: into $\frac{3}{4}$ lb. flour, rub 4 oz. butter, add 4 oz. sifted sugar, and nearly 1 oz. carraway seeds; make it into a paste with 3 eggs, roll out thin, and cut the cakes in any shape you like.

Dr. Oliver's Biscuits.

Put 2 lb. flour into a shallow pan, mix 1 table-spoonful of yeast with a little warm water, and pour it into a hole in the middle of the flour, work a little of the flour into the yeast, and set the pan before the fire a quarter of an hour.

Melt $\frac{1}{4}$ lb. butter in milk enough to mix the flour into a stiff paste, mix well, and bake on tins.

Lemon Biscuits.

Beat the yolks of 12, and the whites of 6 eggs, with 1 lb. loaf sugar: when the oven is ready, add 2 table-spoonfuls rose water, 12 oz. flour, the juice and rind of 2 lemons, grated, a few almonds if you choose. Bake in a quick oven.

Rusks.

Boil a quart of milk, let it cool, then put to it $\frac{1}{2}$ pint of yeast, 2 eggs, 2 oz. coriander seeds, 2 oz. carraway seeds, a little ginger, and $\frac{1}{4}$ lb. finely pounded sugar, beat these all together and add as much flour as will make a stiff paste: divide it into long thin bricks, put these on tins; and set them before the fire a short time to rise, then bake them. When cold, cut in slices, and dry them in a slack oven.—*Another*: melt $\frac{1}{2}$ lb. butter in a quart of milk, let it cool, then add 1 egg, $\frac{1}{2}$ pint of yeast, and 4 oz. sifted sugar, beat this a few minutes, then work into it enough fine flour to make a light dough, and set it by the fire to rise. Make this into little loaves, bake them on tins, in a quick oven; when half done take them out of the oven, split, and put them back to finish.

Macaroons.

Blanch, and pound, with the whites of 4 eggs, 1 lb. of sweet almonds, add 2 lb. fine sugar, and beat it to a paste; then put in 8 more whites of eggs and beat well again. Drop this, from a knife, on buttered paper, and bake on tins.

Ratafia Cakes.

The same as macaroons, only use half bitter and half sweet almonds.

Small Plum Cakes.

Mix 2 lb. flour with 1 lb. sifted sugar, rub in 1 lb. butter, 1 lb. currants, and add 6 eggs. When these are well mixed, roll out the paste equally thin and flat; cut it into small round cakes, with a wine glass, and bake them in a moderate oven.—*Or*: into 1 lb. flour, rub $\frac{1}{2}$ lb. loaf sugar, beaten and sifted, add 3 eggs, and mix it well; then add $\frac{1}{2}$ lb. currants, and pull, not cut, it into small cakes: bake on tins, in a quick oven.

Small Carraway Cakes.

Take 1 lb. flour, 14 oz. butter, 5 or 6 table-spoonfuls of yeast, 3 yolks of eggs and 1 white, and mix them into a paste with cream. Set it before the fire half an hour, to rise, then add a small tea-cupful of sugar and $\frac{1}{2}$ lb. carraway seeds. Roll out into cakes, wash them over with rose water and sugar, and prick the top, with a knife. The oven should be rather quick.

Shrewsbury Cakes.

Beat $\frac{1}{2}$ lb. butter to a cream, mix with it 6 oz. sifted sugar, 8 oz. flour, some pounded cinnamon, a few carraway seeds, 2 eggs well beaten, and a little rose water. Roll out the paste a $\frac{1}{4}$ inch thick, cut the cakes into any shape you like, and bake on tins in a slack oven.

Shortbread.

Melt 1 lb. butter and pour it on 2 lb. flour, $\frac{1}{2}$ a tea-cupful of yeast, and 1 oz. carraway seeds; sweeten to your taste, and knead well. Roll it out rather thin. This quantity may be cut into 4 pieces, pinch them round the edges, prick well with a fork, and bake on tins.

Derby Short Cakes.

Rub 1 lb. butter into 2 lb. flour, add $\frac{1}{2}$ lb. finely sifted sugar, 1 egg, and as much milk as will make it into a

paste. Roll out thin, cut the cakes in any form you like and bake on tins, twenty minutes.

Scotch Bread.

To 1 lb. of flour add $\frac{1}{2}$ lb. of butter (melted without water) and $\frac{1}{2}$ lb. sugar: mix altogether, put in a little candied lemon, make into cakes, what shape you choose, and bake them in a slow oven.

Cinnamon Cakes.

Beat 6 eggs, with a coffee-cupful of rose water, add 1 lb. sifted sugar, $\frac{1}{4}$ oz. pounded cinnamon, and sufficient flour to make it into a paste. Roll out thin, and stamp it into small cakes. Bake on paper.

Rout Cakes.

Beat 1 lb. butter to a cream, and stir in it the yolks of 12 eggs, well beaten, 12 oz. flour, some fresh grated lemon peel, and a few pounded almonds, or some orange flower water. Mix well, and pour it into a mould not more than an inch high, and lined with paper; bake it, and when it has cooled, cut it into shapes, with a sharp knife; moisten the sides of these with sugar, and crisp them before the fire.

Buns.

Mix $\frac{1}{2}$ lb. moist sugar with 2 lb. flour, make a hole in the centre, and stir in $\frac{1}{2}$ pint of lukewarm milk and a full table-spoonful, or rather more, of yeast. Cover, and stand it for two hours, in a warm place. Melt to an oil, 1 lb. butter, stir it into the mixture in the middle of the pan, and, by degrees, work it all into a soft dough, dust it over with flour, cover with a cloth, and let it stand another hour. Then make it into buns the size of a large egg, lay them on a floured paste board, and put them before the fire to rise to the proper size; bake on tins, in a hot oven, and when done brush them over with milk. *Cross Buns* are made in the same way, adding to the

plain buns, about 1 oz. of ground allspice, mace, and cinnamon; when half baked, take them out of the oven, and press the form of a cross on the top: brush them over with milk when done.

Seed Buns.

Mix into the same quantity of bun dough as the last receipt, 1 oz. carraway seeds. Butter some small tart pans, mould the dough into buns, put one into each pan, and set them to rise; ice them, with white of egg, laid on with a brush, dust fine sugar over, and dissolve that by sprinkling water lightly over. Bake them about ten minutes, in a quick oven. Plum buns are made in the same way, adding currants to the dough, instead of seeds. Mark them round the edges, and ice the top or not as you choose.

Bath Buns.

Rub $\frac{1}{2}$ lb. butter into 1 lb. flour, wet it up with 4 eggs, and a wine-glassful of yeast, then set it before the fire to rise; add 4 oz. sifted sugar, and a few carraway seeds. Make into buns, brush them over with white of egg, and strew some sugar carraways over the top.

Sally Lumm's Tea Cakes.

Into a pint of new milk, or cream, put 2 oz. of butter, set it on the fire to warm, then add $\frac{1}{4}$ lb flour to make it a stiff dough. Roll to the size you choose, and bake it on a tin. When done, cut it in 3 or more slices, butter, and send it to table directly; if it wait before the fire it will quickly be spoiled.—Some add eggs, a little yeast and a little sugar, to make it eat shorter.

Breakfast Cakes.

Rub 3 oz. butter into 1 lb. flour, and a little salt. Beat 1 egg, mix it with a table-spoonful of yeast, and a little warm milk, and with this wet the flour, using as much milk as is required to make a light batter, as for

fritters; beat well with the hand, then cover, and let it stand three or four hours, in a warm place, to rise. Add as much flour as will make it into a paste to roll out. Make the cakes the size you choose, let them stand half an hour before the fire, prick them in the middle, with a skewer, and bake in a quick oven.—*Or*: mix 1 pint of cream, 2 eggs, 1 table-spoonful yeast, and a little salt into $\frac{1}{2}$ lb. flour. Cover and let it stand to rise. Bake on tins.

Yorkshire Cakes.

Warm 1 $\frac{1}{2}$ pint milk, and mix it, with a tea-cupful of good yeast, into as much flour as will make a thick batter; let it stand, covered, in a warm place, to rise. Rub 6 oz. butter into a little flour, add 3 eggs, mix well, then mix it with the batter, add flour enough to work it into a stiff dough, and let it stand again a quarter of an hour; then knead again, and break it into small cakes, roll them round and smooth, put them on tins, cover lightly, and set them by the fire, ten or fifteen minutes, to rise, before you put them into the oven.

Roehampton Rolls.

To 1 lb. flour add the whites of 3 eggs, 3 oz. butter, and 1 spoonful of yeast, wet it with milk sufficient to make a stiff dough; set this to rise, before the fire, an hour, then make it into rolls, and bake them ten minutes.—*Another*: To $\frac{1}{2}$ pint yeast add 2 eggs, 2 lumps of sugar, a piece of butter the size of an egg, and 2 quarts of milk, beat well, and strain it into as much fine flour as it will take up, mix this well, and divide it into rolls; set them before the fire, an hour, and bake them half an hour.

Muffins.

Scald a pint of milk, and mix in it, nearly $\frac{1}{4}$ pint fresh yeast, and enough flour to make a thick batter. Set it in a warm place to rise. Rub 2 oz. butter in a little flour and add it to the batter, with as much flour as will make it into dough; cover and let it stand again; then knead well,

and make it into muffins : put them on tins, let them stand again, a quarter of an hour, then bake them.

Crumpets.

Mix a quart of good milk into sufficient flour to make a thick batter, add a little salt, 1 egg and a table-spoonful of small beer yeast; beat well, cover, and let it stand near the fire half an hour, to rise.—Hang the girdle, or put the frying-pan over the fire, and when hot wipe it clean with a wet cloth. Tie a piece of butter in muslin, and rub it over the girdle ; then pour on it, a tea-cupful of batter, and as it begins to cook, raise the edge all round, with a sharp knife ; when one side is done, turn it and bake the other side. When quite done, put it in a plate before the fire, rub the girdle with the buttered rag, and pour in another cup-ful of batter, then spread butter over the one in the plate, and so on, till you have baked all the crumpets. Send them a few at a time, quite hot, to table. Crumpets made in this way are much lighter than made in the common way. Rye flour makes excellent cakes in this way, and so, to the taste of some persons, does Indian Corn meal.

Scotch Slim Cakes.

Rub 3 oz. butter into $\frac{1}{2}$ lb. flour, mix it into a light dough with 2 eggs and as much warm milk as required. Roll lightly out, and cut them round, the size of a saucer, bake them, as directed for crumpets. Butter, and serve them quite hot.

CHAPTER XXIII.

CONFECTIONARY.

UNLESS there be considerable experience in this art, it seldom succeeds, except for the plainer jellies and creams : it is, therefore, better and cheaper to have recourse to the confectioner for ornamental dishes. I have given under this head receipts for such things only as may be prepared at home, with comparatively little risk ; at the same time it should be observed, that the plainest custard requires as much attention in its preparation, as the richest cream, and that all sweet dishes require to be flavoured with delicacy and judgment.

It is quite impossible to produce delicate creams, jellies, &c. &c., unless all the ingredients, particularly cream, milk, and eggs, be perfectly fresh, and unless there be *enough* of them. If served in glasses or dishes, use only eggs, but, if the cream is to be turned out of a shape, isinglass must be used to stiffen it. The quantity greatly depends upon the size of the shape ; 1 oz. to a pint is the general allowance, but more is often necessary.—The sugar used in jellies ought to be clarified, for one of their main points of excellence is clearness.—To prevent oiling, put a little rose water into the mortar in which you pound almonds, either bitter or sweet.—Where there is much practice in making sweet dishes, all the vessels used should be kept wholly for that purpose. Jelly bags and sieves ought to be kept delicately clean, always dipped into, and wrung out of, hot water, before they are used.

Common Custards.

To $\frac{1}{2}$ pint new milk put a little piece of lemon peel cut very thin, a little cinnamon, and 8 bitter almonds blanched and pounded. Let the milk simmer on the fire ten

minutes. Then strain, and when cool, put to it a pint of cream, the yolks of 5 eggs, 2 table-spoonfuls of sifted sugar, and set it in a sauee-pan over the fire. Keep stirring, one way, all the time; take eare that it do not burn, and do not boil. When thick enough it will be done, and a minute or two too much will cause it to turn. When taken from the fire, add half a glass of brandy, and keep stirring a quarter of an hour before you pour into cups. In easc of having no eream, use 3 or 4 more eggs. —*Or*: mix a table-spoonful of rice flour in a little cold milk, and add the beaten yolks of 6 eggs. Have ready boiled, a quart of new milk, with a bit of lemon peel, and cinnamon; let it cool, then stir the eggs and some sugar into it: let it thicken over the fire, but not boil, stirring all the time. Take it off the fire, pour it into a eold dish, and stir till eool. Serve in cups, or in a glass dish, and grate nutmeg over. A bay leaf or two may be boiled in milk for all custards. Some persons boil custards in a mug set into a deep sauee-pan of water which is kept boiling, this may be a safe, but is a troublesome way.

Rich Custards to Bake, or Boil.

Boil a quart of eream with a little mace and einnamon. Take it off the fire and add as much sugar as you think sufficient, and let it stand till no warmer than milk from the cow; then add 10 eggs, well beaten. When cold, strain it, and fill the eups very full. The oven must be as hot as for tarts, and the cups often turned. Brandy is an improvement to custard, in the proportion of a wine-glassful to a quart. Some flavour with ratafia, peach water, or orange flower water. A dessert-spoonful of isinglass will add to the firmness of custards made entirely of milk.

Spanish Custards.

Set $1\frac{1}{2}$ pint of thin ercam over the fire, leaving out a tea-eupful, put in 6 or 8 bitter almonds, and $\frac{1}{4}$ oz. isinglass, previously dissolved in a bason with boiling water enough to eover it; simmer for three quarters of an hour, or till the isinglass is all dissolved. Mix smoothly into the cold

cream a table-spoonful of ground rice, pour it into the hot cream, stirring all the time, and let it simmer gently till it thickens sufficiently. Flavour with 2 table-spoonfuls of orange flower, or rose water, or whatever may be preferred. Strain through a coarse hair sieve, and keep stirring till nearly cold, when pour it into cups which have been dipped into cold water. Let these stand in a cool place; when firm, turn them out on a dish, stick them with blanched almonds sliced, and garnish with preserved cucumber, citron, or any preserve you like; when about to serve, pour a little cold cream into the dish.—*Or*: boil a pint of cream with a stick of cinnamon, let it cool, strain it, add 3 table-spoonfuls of rice flour, the whites of 3 eggs well beaten, sugar, and a little rose water, set it over the fire, and let it simmer till it is as thick as hasty pudding; wet a mould with rose water, pour the custard in, and, when cold, turn it out.

Custard with Apples.

Pare and core some apples, and either bake or stew them in an earthen pan, with as little water as possible, and enough sugar to sweeten. When the apples are fallen, put them into a pie dish, and let them stand to get cold, then pour over an unboiled custard, and set the dish into the oven, or in a dutch oven before the fire, until the custard is fixed. This may be eaten either hot or cold.

Custard with Rice.

Boil some rice, in milk, till quite tender, with cinnamon and a very few bitter almonds; when cold, sweeten with white sifted sugar; form a thick and high wall round a glass dish, and pour a boiled custard in the centre. Just before it goes to table, strew coloured comfits, in stripes, up the wall.

A Trifle.

Whisk a quart of good cream with 6 oz. powdered sugar, a glass of white wine, the juice and the grated peel of 1

lemon, and a little cinnamon. Take off the froth as it rises, and lay it on a sieve, reversed, over a bowl. This should be done early in the morning, or, better still, the day before, to allow the froth time to become firm, the great beauty of all whips. Place in a deep trifle dish, 3 or 4 sponge cakes, some macaroons, and ratafia cakes, also a few sweet almonds, blanched and split, then pour over enough white wine, with a little brandy, to moisten them; when the wine is soaked up, spread over the cakes a layer of raspberry jam, or any good preserve, and pour over that, a rich and thick boiled custard. Heap the whip on lightly, then strew some coloured comfits, or stick some light flowers in. The preserve may be used, or left out, according to taste.

Gooseberry or Apple Trifle.

Scald the fruit, and pulp it through a sieve, sweeten it, and put a thick layer in a glass dish. Mix $\frac{1}{2}$ pint of milk, $\frac{1}{2}$ pint of cream, and the yolk of 1 egg, give it a scald over the fire, stirring all the time, add a little sugar, and let it become cold: then lay it on the fruit, and on it a whip made as directed in the last receipt.—*Or*: scald, pulp, and sweeten the fruit, then stir it over the fire, into a thin custard; when cooked enough, pour it into a glass dish, and let it get cold. If apple, grate nutmeg and cinnamon, or lemon peel over the top, add also lemon juice, and lay on a froth made the day before.

A Tipsy Cake.

Put a stale sponge cake into a deep china or glass dish, pour round it some white wine (raisin or orange), and a wine-glassful of brandy. Let this cake soak up the wine, then strew sifted sugar over, and pour in the dish a rich custard. Ornament the top of the cake by sticking a light flower in the centre, or bits of clear currant jelly.—*Or*: blanch and split some sweet almonds, and stick thickly over the cake.

Crème Pâtisserie.

Boil a quart of new milk with a bit of cinnamon and

lemon peel. Rub a heaped table-spoonful of flour quite smooth with a little cold milk; stir the boiled milk, by degrees, into it; add 5 or 6 eggs, well beaten, and some powdered sugar. Put it over a slow fire, and keep stirring, till it thickens; pour it into a dish, and stir slowly for a few minutes. Flavour it with vanilla, orange-flower water, peach-water, or brandy.—This is flavoured with *tea* or *coffee*, in the following manner: put a heaped table-spoonful of good green tea into the milk, let it boil up, cover the sauce-pan, let it simmer a few minutes, then strain it. This will give a strong flavour of tea. For coffee: make a breakfast-cupful of very strong coffee, and put it into the milk just before it boils: use no other flavouring ingredient; and sweeten the cream sufficiently.—*Or*: boil in a pint of thin cream, the peel of a large lemon grated or pared very thin, loaf sugar to taste, and a very small piece of cinnamon. Work up a table-spoonful of flour with the juice of the lemon; pour the boiling cream to it, by degrees, and stir it over the fire till the flour is cooked; then pour it into a dish, and stir slowly all the time till nearly cold; garnish with candied sweet-meats.

Chocolate Cream.

Boil a quart of cream, having first scraped into it 1 oz. well scented chocolate; add nearly $\frac{1}{4}$ lb. lump sugar, and 8 or 9 whites of eggs; whisk well, and, as the froth rises, take it off, and put into glasses.

A Plain Cream.

Boil together, or separately, a pint of cream and a pint of new milk, with a bay leaf or two, a bit of lemon peel, cinnamon and sugar to taste; then add 12 sweet and 3 bitter almonds, pounded to a paste, with a little rose water, also a table-spoonful of rice flour rubbed smooth in cold milk: give it a scald, then pour into a jug to cool. Serve it in glasses, or in a glass dish.

Italian Cream.

Boil $1\frac{1}{2}$ pint of sweet cream with $\frac{1}{2}$ pint of new milk,

the rind of a lemon cut thin, and sugar to sweeten; then let it cool. Beat well the yolks of 8 eggs, add them to the cream, set it over the fire, stir till it thickens, and put in about 1 oz. of melted isinglass, to stiffen it. Whisk well, and strain it through a fine sieve into a mould, to turn out. But first try a little in a saucer to ascertain whether more isinglass be wanted. This may be flavoured with curaçoa or noyau.

Ginger Cream.

Make this the same as chocolate cream; but use only cream, no milk. Flavour it by boiling in the cream either preserved ginger, or essence of ginger. Serve it in cups.—*Or*: after the cream has thickened over the fire, add isinglass to it, as directed for Italian cream, and strain it into a mould.

Lemon Cream.

Pare 3 lemons, cut the peel in small pieces, squeeze the juice into a bason, put in the peel, cover close, and let it stand two or three hours: add the whites of 5 and the yolks of 3 eggs, with sugar to taste, and 2 table-spoonfuls of orange flower water, strain it into a sauce-pan, set it over a slow fire, and stir carefully till it is as thick as cream. Pour it into glasses.—*Or*: soak the peel of 4 lemons in $1\frac{1}{4}$ pint of spring water, all night: to the juice of 6 lemons add 1 lb. double refined sugar, let it stand twelve hours: then take the peels out of the water, put them to the juice, add the whites of 6 eggs, mix well, put it all into a sauce-pan, and set it over the fire to get hot, then strain through a jelly bag, and stir it over the fire again, till of a proper thickness.

Orange Cream.

Pare a large orange very thin, put the peel into a bason, and squeeze 4 oranges over it; pour in 1 pint of cream, and set that over the fire; before it quite boils take out the peel, or the cream may be too bitter. Let the cream become cold, then stir in the yolks and whites of 4 eggs,

and sugar to taste. Set it over the fire again, and just scald it. Pour into cups.

Lemon or Orange Cream frothed.

Squeeze the juice of a large lemon, or orange, into a glass or china dish. Sweeten a pint of cream, and let it just boil up; pour it out to get nearly cold, put it into a tea pot, hold it up as high as possible, and pour it upon the juice. Serve instantly.

Alamode Cream.

Grate 2 large lemons into a bason, squeeze in the juice, strain it, add $\frac{1}{4}$ lb. sifted sugar; melt $\frac{1}{2}$ oz. isinglass in a tea-cupful of hot water, strain it on the lemon, stirring all the time, then pour in a pint of cold cream, but stir all the while, or it may be lumpy. Pour it into a glass dish, and put it by in a cool place. Garnish with blanched almonds, and apple paste.

A Cream Cake.

Squeeze into a deep bowl, the juice of a large lemon, add the peel cut thin, a wine-glassful of mountain wine, a dessert-spoonful of brandy, and some sifted sugar; mix well, and pour in, by degrees, a pint of cream: whisk till it becomes a thick froth. Wet a cheesecloth, spread it in a sieve the size you wish the cake to be, pour the cream in, and let it stand twenty-four hours to drain; place it in a china or glass dish, and garnish with preserves.

Velvet Cream.

Put into a deep glass or china dish, 3 table-spoonfuls of lemon juice, a little grated peel, and some preserved apricot cut small, 3 table-spoonfuls of white wine, or brandy, and some powdered sugar. Scald a pint of cream, put in $\frac{1}{4}$ oz. of melted isinglass, stir it over the fire a few minutes, take it off and continue to stir till it is no warmer than new milk; then strain, and pour it into the dish. To be made the day before it is wanted.

Snow Cream.

Pare, core, and stew, 10 or 12 apples and pulp them; beat the pulp well, and when nearly cold, stir in enough finely powdered sugar to sweeten, a little lemon peel, and the whites of 12 eggs, already beaten; whisk, till it becomes stiff, and lay it in héaps in a glass dish.

Currant, and Raspberry Cream.

Mash the fruit and strain $\frac{1}{4}$ pint of juice through a fine sieve, add rather more than $\frac{1}{2}$ pint of cream, sugar to taste, and a little brandy; whisk it the same as a trifle.

Strawberry Cream.

The same as the last.—*Or*: sweeten some cream, and make a strong whip. Beat up what remains of the cream with yolk of egg, ($\frac{3}{4}$ to $\frac{1}{2}$ a pint), and scald it, let it cool, mix the fruit with it, pour it into glasses or a dish, and lay the froth on the top. The pulp of apples, apricots, and plums, may be mixed with cream, in this way.—*Or*: it may be formed in a mould, by adding melted isinglass to the cream, just scalding, then straining it: when nearly cold, add the fruit and put it into a shape.

Clouted Cream.

Put 2 blades of mace and a wine-glassful of rose water, into $\frac{1}{4}$ pint of new milk, scald and strain it; let it cool, stir in the yolks of 2 eggs, well beaten, and a quart of cream. Stir it over the fire till scalding hot, and it is done. Excellent with fruit stewed, or with fruit pies.

Creams and jellies are *iced*, by putting the shape (the mixture being *perfectly cold*), in a bucket of ice broken in small bits. Let it stand till you are ready to send it to table, then take it out, wrap a towel, dipped into hot water, round the mould, and turn it out.

Strawberry Ice Cream.

Mash the fruit, strain off the juice, and sweeten it.

Mix it, in the proportion of 1 lb. of fruit to a pint of sweet cream, whip it, pour it into glasses, and freeze as directed ; or, add melted isinglass, and freeze it in a shape.—*Raspberry Ice Cream*, the same.

Pine Apple Ice Cream.

To $1\frac{1}{2}$ gill of pine apple syrup, add the juice of $1\frac{1}{2}$ lemons, and a pint of cream, sweeten, then stand it in the ice, and let it freeze as thick as butter. If you would have it the shape of a pine, take the shape and fill it; then lay half a sheet of brown paper over the mould before you put it into the ice, and let it remain some time; be careful that no water gets into it.

Paris Curd.

Put a pint of thin cream on the fire, with the whites of 6 eggs and the juice of a lemon; stir till it becomes a curd; then hang it all night in a cloth, to drain; add to it 2 oz. sweet almonds, beaten to a paste, sugar to your taste, and a little brandy. Mix well, and put it in shapes.

Blancmange.

Boil 2 oz. isinglass in a quart of milk or cream, a quarter of an hour, with the thin rind of a lemon, a small blade of mace, and sugar to taste. Blanch 24 sweet and 6 bitter almonds, beat them in a mortar, to a paste; stir this, by degrees, into the milk. Strain, and let it stand to settle; then pour it clean from the sediment, and fill the moulds. When you wish to turn it out, rub a towel dipped in hot water over the mould, draw a silver knife round the edge, and turn it out.—*Or*: use 12 bitter and no sweet almonds, a wine-glassful of brandy, and a table-spoonful of ratafia.

Rice Blancmange.

Boil 4 oz. whole rice in water till it begins to swell, pour off the water, and put the rice into nearly a quart of

new milk, with some powdered sugar, a little cinnamon and lemon peel. Boil slowly till the rice is mashed, and smooth. Do not let it burn. Put it into a mould to turn out. This may be placed in the centre of a dish and custard poured round it.

Blancmange with Preserves.

Boil 1 pint of cream with cinnamon and lemon peel; sweeten it, then add 1 oz. isinglass dissolved in a little water, stir it over the fire till it is on the point of boiling, then pour it into a jug, stirring it occasionally : when about milk warm add a wine-glassful of brandy and a table-spoonful of ratafia. Have ready in a china or glass dish, some East or West India preserves, pour the blancmange on it, and set it by till the next day.

Jaunemange.

Dissolve 2 oz. isinglass in nearly a pint of boiling water; put to it $\frac{3}{4}$ pint of white wine, the juice of 2 oranges, and of 1 lemon, the peel of a lemon shred fine, sugar to taste, a little cinnamon and brandy, and the yolks of 8 eggs. Simmer gently a few minutes, then strain it into moulds. Turn it out next day.

Rice Flummery.

Boil a pint of new milk, with a little cinnamon, lemon peel and sugar, to taste. Rub smooth 2 table-spoonfuls of ground rice with a little cold milk, and stir it into the milk which has been boiled; also 2 bitter almonds well beaten. Boil again, stirring all the time, till it be of a proper thickness, then pour it into a shape. When cold, turn it out and pour a custard round it, in the dish.

Snow Balls.

Boil $\frac{1}{2}$ lb. whole rice in water, with a large piece of lemon peel, till quite tender; then drain off the water. Pare and core 4 good sized apples. Divide the rice into equal parts, roll out each one, and put an apple into it; cover the apple, with the rice, tie each one lightly up in

a cloth, and boil half an hour. Turn them carefully into a dish, and pour some pudding sauce round.

Syllabub.

Pour a bottle of sherry or port into a china bowl, sweeten well, and add plenty of nutmeg and cinnamon. Milk into it nearly double the quantity, and let it froth up high. Serve sponge cakes with it. Some persons add a little brandy.

Staffordshire Syllabub.

The same as the last, but use water and brandy in place of wine.

Solid Syllabub.

Seald a pint of cream, and sweeten it ; when cold, add $\frac{1}{2}$ a pint of white wine, the juice of a lemon, and the peel grated : put more sugar if required. Dissolve 1 oz. isinglass in water, strain, and when cold, stir it into the mixture, and put that into a mould the day before it is wanted.

Whipt Syllabub.

Make a whip of good cream, take off the froth as it rises, in the way directed for trifle. Mix a pint of sweet cream with $\frac{1}{2}$ a pint of any sweet wine, sifted sugar to taste, the juice of a lemon, the peel grated ; also a little cinnamon. Stir this well, fill glasses half full, and lay the whip on the top.—*Or* : to $\frac{1}{2}$ pint of cream, add a pint of milk, $\frac{1}{2}$ pint sack or white wine, sweeten with loaf sugar, and whisk it to a froth ; pour a little white wine in the glasses, and the froth on the top.

Calf's Feet Jelly.

The day before you want the jelly, boil 2 feet in $2\frac{1}{4}$ quarts of water, till they are broken, and the water half wasted, strain and put it by till the next day. Then remove all the fat as well as sediment, put the jelly into

a sauce-pan with sugar, wine, lemon juice, and peel to your taste. Let it simmer, and when the flavour is rich, add the whites of 5 eggs well beaten, also their shells; let it boil gently twenty minutes, but do not stir it; then pour in a tea-cupful of warm water, let it boil gently five minutes longer, take the sauce-pan off the fire, cover close, and let it stand by the side, half an hour. It ought to be so clear as to require only once running through the jelly bag. Some mutton shanks (10 to 2 calf's feet), make the jelly richer. Raisin wine is generally used, but Marsalla is better; it gives a more delicate colour to the jelly.—*Another*: boil 4 feet in $2\frac{1}{2}$ quarts of water, boil twelve hours, or till all their goodness is extracted. The next day remove all fat as well as sediment, put the jelly into a sauce-pan with $1\frac{1}{2}$ pint of sherry or Marsalla, the peel and juice of 7 lemons, and sugar to your taste. Finish in the same way as directed above, and when strained, add a wine-glassful of Champagne brandy. You may add 1 oz. isinglass to make the jelly very stiff, but some object to this, as it makes it tough as well as stiff. Some use a coarse brown bag, in preference to flannel.

Savoury Jelly.

Boil 2 lb. knuckle of veal, 1 lb. lean beef and 4 mutton shanks in 2 quarts of water, with salt, pepper, mace and 1 onion, boil till the liquor is reduced one half, then strain it: when cold put it into a sauce-pan with the whites of 3 eggs, stir well, then set it over the fire till it boils, and strain through a jelly bag. A table-spoonful of soy will improve the colour.

Orange Jelly.

Grate the rinds of 2 seville, 2 sweet oranges, and 2 lemons. Squeeze the juice of 2 sweet, 6 seville oranges, and 3 lemons. Mix the rinds and juice together. Boil slowly 1 lb. lump sugar in a pint of water, to a thick syrup, then turn it into a bowl; when *nearly* cold, put the juice to it, and stir well. Boil $\frac{1}{4}$ lb. of isinglass in a pint of water till dissolved, let it cool, add it to the juice, stir till cold, and fill the moulds.

Arrow Root Jelly.

Put $\frac{1}{4}$ pint of water into a sauce-pan, with a wine-glassful of sherry or a spoonful of brandy, some fine sugar, and grated nutmeg. Boil up once, then mix it, by degrees, with a dessert-spoonful of arrow root, rubbed smooth, and mixed with 2 spoonfuls of cold water. Return it into the sauce-pan, stir, and boil it, three minutes.

Hartshorn Jelly.

To 3 quarts of water put 1 lb. hartshorn shavings, and 1 oz. isinglass, let it boil gently till it becomes a jelly (about four hours); the next day melt it, add the juice of 2 lemons, $\frac{1}{2}$ the peel, and a pint of sherry, also the whites of 5 eggs beaten to a froth, and sugar to your taste; boil for a few minutes, and pass it through a jelly bag till clear.

Apple Jelly.

Pare 12 firm apples, put them into a quart of water and let it simmer, till they are quite cooked, but do not let them break; strain the liquor and put to it 2 oz. isinglass, the juice of 2 lemons, the peel of 1 cut thin, sugar to your taste, and a little cochineal, tied in muslin. Boil it till the isinglass is dissolved, and the jelly of a nice colour; strain, and pour it into a mould.

Isinglass Jelly.

Dissolve 1 oz. isinglass, in $\frac{1}{2}$ pint of water, and put to it $\frac{1}{2}$ lb. lump sugar, the juice of a large lemon, the peel, cut thin, and a pint of sherry; boil five minutes, then strain it into a mould.

A Bird's Nest.

Make some clear jelly, of an amber colour, and fill a small round bason half full. Have some bird's eggs blown, fill them with blancmange; when the latter is quite cold,

peel off the shells, and it will represent small eggs. Put some moss round a glass dish, turn the jelly out, and stand it in the middle, lay some lemon peel, cut in thin strips to represent straws, on the jelly, and place the eggs on the top.

Strawberry Jelly.

Boil 2 oz. isinglass in $\frac{1}{4}$ pint of water till dissolved, skimming it all the time; then strain and let it cool. Mash a quart of fresh fruit in an earthen vessel, with a wooden spoon; add powdered sugar and a very little water. Pass it through a jelly bag, stir the melted isinglass into it, and fill your mould.—Raspberry and red currant jelly in the same way.

Soufflès.

These are difficult to make. They must be sent to table the instant they are ready. They may be flavoured with orange flower water, chocolate or coffee. Yolks of eggs must be well beaten, and the whites well whipped. The oven rather slack. Watch carefully, and take it out of the oven the instant it has risen sufficiently.

Rice Soufflè.

Boil 2 table-spoonfuls of ground rice very slowly, in $\frac{1}{2}$ pint good milk, with a piece of lemon peel, stirring all the time. Let it cool, then stir in the yolks of 4 eggs, and some sugar, stir it over the fire a few minutes, and let it cool again. Then add the whites of 6 eggs, well whipped; put it into a deep and round dish, and bake in a rather slack oven till the *soufflè* rises; send it to table instantly, or it will flatten.

Potatoe Soufflè.

Use half the quantity of potatoe flour, as directed in the last receipt for rice flour, and make it the same way.

A Good Soufflé.

Soak 4 or 5 slices of sponge cake in sherry and brandy mixed, and well sweetened, cover with a layer of preserves, then pour over a rich boiled custard: beat the whites of 4 eggs to a froth, and with a table-spoon lay it over the top to look rough; brown it in a dutch oven, and serve directly.

Orange Soufflé.

Mix a table-spoonful of flour with a pint of cream, put it into a sauce-pan, with 2 table-spoonfuls of rose water, some orange and lemon peel; stir till it boils, then strain and sweeten it: when cold add 2 table-spoonfuls of orange marmalade. Beat 6 eggs, stir in a wine-glassful of brandy, mix with the other ingredients, and put all into a buttered shape; place it in a sauce-pan of boiling water, over a stove: let the water boil an hour and a quarter without any cover to the shape.

Lemon Soufflé.

Pour $\frac{3}{4}$ pint of boiling water over 1 oz. isinglass, the juice of 3 lemons, and 5 oz. sifted sugar: when dissolved, boil all together five minutes, pour it into a large bason, when the steam is gone off whisk it till it becomes spongy, then put it in a glass dish. It should be made the day before it is wanted, and requires a long time to whisk it enough.

Omelet Soufflé.

Beat the yolks of 6 eggs, and whip the whites; strain and sweeten the yolks with powdered sugar, add a little grated lemon peel: stir in lightly the whites, and pour the whole into a frying-pan, in which you have just melted a good sized piece of fresh butter. Cook it over a slow fire, but do not let it scorch, and, when done, turn it carefully out, and set it in the oven to rise.

Soufflè of Apples.

Pick, wash, and scald, about 4 oz. whole rice, then drain off the water, and put the rice into nearly a quart of new milk, or thin cream, which has been boiled with a bit of cinnamon or lemon peel. Let it simmer very slowly till the rice is swelled, (but not broken), drain it, and having brushed the edge of the dish with white of egg, place the rice in the form of a wall round it, as high as you can. Mix with some apple-jam, or pulped apples, 2 oz. butter, sugar to your taste, and the yolks of 6 eggs; stir this over the fire, a few minutes, to cook the eggs; then stir in by degrees, the whites of 8 or 9 eggs, whipped, put it into the dish, and bake till it rises sufficiently.

Gooseberry Fool.

Pick the fruit, put it in a jar, with a tea-cupful of cold water, and a little moist sugar; set the jar in a vessel of boiling water, or on a stove, till the fruit is sufficiently cooked to pulp; press it through a cullender, and when nearly cold, mix into it some good cream, or thin custard made of new milk and eggs.

Apple Fool.

The same as gooseberry fool.

Orange Fool.

To a pint of cream add the juice of 3 seville oranges, 3 eggs well beaten, a little nutmeg, cinnamon, and sugar to taste. Set this over a slow fire, and stir till it becomes as thick as melted butter, but it must not boil; pour it into a dish to be eaten cold.

Red Apples in Jelly.

Pare and core some fine pippins, and throw them into a pan of cold water, then boil them in a very little water, with some cochineal, and when done, put them in a dish; boil the water with sugar, lemon peel, and a little isinglass

till it jellies ; let it cool, scoop it into heaps with a tea-spoon, and lay it amongst the apples. Garnish with rings or straws of lemon peel, and some green sprigs.

Pears to Stew.

After peeling them, cut the pears in halves, take out the cores, and lay the pears flat side upwards, in a tin sauce-pan. Pour over them a $\frac{1}{4}$ pint of port wine, and enough water to cover. Add a few cloves, spread the peels over the pears, keep the sauce-pan covered, and let it stew gently, till they are tender.

Apples to Bake.

Pare and core, but do not divide them, unless very large. Bake them in a slack oven, in an earthen dish, with sugar, a little sweet or port wine, pounded cloves, and grated lemon peel.

Cheesecakes.

Beat the curd of 3 pints of milk quite smooth, mix with it $\frac{1}{2}$ lb. currants, a little pounded cinnamon, and the rind of a lemon, rubbed off with lumps of sugar (add more sugar, as you like), the beaten yolks of 4 eggs, $\frac{1}{2}$ pint scalded cream, and a wine-glassful of brandy. Mix well, and bake in patty-pans, lined with a light puff paste, twenty minutes, in a quick oven.—For *Almond Cheesecakes*, mix pounded sweet and bitter almonds, instead of currants.

Lemon Cheesecakes.

Boil the peel of one lemon, in water, till tender, then pound it in a mortar, with $\frac{1}{4}$ lb. lump sugar, the juice of 2 lemons, and a table-spoonful of brandy ; stir in $\frac{1}{4}$ lb. fresh butter, melted, and 3 eggs ; mix well and pour into saucers or patty-pans, lined with a very light paste.—Or : to 1 lb. lump sugar (in lumps), add $\frac{1}{4}$ lb. butter, the yolks of 6 eggs, the whites of 4, the juice of 3 lemons, and the rinds of 2, grated. Simmer over a slow fire till the sugar

is dissolved, and it begins to thicken and look like honey. Stir gently one way, all the time, or it will curdle. Keep it in a jar closely tied down like mince meat. Put it in a paste and bake like the last receipt.

Potatoe Cheesecakes.

Boil $\frac{1}{4}$ lb. potatoes and beat them up with $\frac{1}{4}$ lb. butter, and $\frac{1}{4}$ lb. sugar. Beat the yolks and whites of 3 eggs separately, add the grated peel of a lemon, the juice of half a one, and mix it all with the potatoes. Bake in a dish with a thin paste lining, of a light brown.

Another Curd Cheesecakes.

Turn 2 quarts new milk, with a little rennet: drain off the whey, and beat the curd till quite smooth, with 4 oz. butter; then mix it with $\frac{1}{2}$ oz. of sweet, and 4 bitter almonds, previously blanched and pounded with 3 table-spoonfuls of rose water; add a $\frac{1}{4}$ lb. lump sugar, the peel of 3 lemons, the yolks of 6 eggs, some candied citron cut small, $\frac{1}{4}$ lb. currants, $\frac{1}{2}$ pint of cream, and a wine-glassful of brandy. Mix well, and bake in patty pans, lined with thin paste.

Lent Potatoes.

Blanch, then pound with a little rose water, 3 oz. of sweet, and 4 or 5 bitter almonds; add 8 oz. butter, 4 eggs beaten and strained, 2 table-spoonfuls of white wine, and sugar to your taste; beat well, grate in 3 savoy biscuits, and make up into balls with a very little flour, the size of walnuts: boil them in lard of a pale brown, then drain and serve them with sweet sauce.

CHAPTER XXIV.

PRESERVES.

To excel in preserving the fruits of common use in a family is of great consequence, as they are better as well as cheaper preserved at home, than when bought of the confectioner. A little practice will teach the mistress of a house as much of this art, as it is requisite for her to be acquainted with; but this department ought to have her personal superintendence.

Fruit for every sort of jelly or preserve, ought to be the best of its kind; ripe enough, but not over ripe; gathered *on* a dry day, and *after* a dry day. The sugar of the best quality, and plenty of it should be allowed, for it is mistaken economy to save sugar in preserves; they are not good, neither will they keep; and much is wasted by boiling up a second time. Long boiling injures the colour of preserves, but they *must* be boiled too long, if there be not a sufficiency of sugar to keep them. Let the bags and sieves be kept delicately clean; wring them out of hot water the instant before you use them. Do not squeeze the bag, or press the fruit much, or the jelly will not be clear; this is not wasteful, for the fruit which is left, with a little more fresh added to it, will make jam, or black butter, a nice and useful preserve. In boiling jams, try a little in a saucer; when it cools, if the juice runs off, the jam requires longer boiling.

Some persons use no sugar which is not clarified, but, for common preserves, such as are usually made in private families, good loaf sugar, not clarified, answers every purpose. After the preserve is poured into the jar, or pot, let it stand uncovered two days, then put brandy papers over, and cover with bladders, or paper, tied down close. Keep in a dry place, or they will become musty;

but not in a hot situation, or they will dry up, and be utterly spoiled.

To Clarify Sugar.

Break some lump sugar, into pieces, and to every pound you put into the preserving-pan, add $\frac{1}{4}$ pint of water, and to every 2lb. sugar, the white of 1 egg, beaten; stir over the fire, until the sugar dissolves. When it boils it will throw up scum; take that carefully off, with a slice, and lay it on a sieve, reversed, over a bason, that the syrup which hangs about it may run off. Pour into the pan the same quantity of cold water as you put in at first, and let it boil up gently. Take off all the scum, and return into the pan all the syrup which drains from it; keep it gently boiling until no more scum rises.—*To Candy Sugar*, boil it till the surface is covered with little clusters, in the form of pearls.—*Moist Sugar* may be clarified in the same way, but requires longer boiling and scumming; then it answers, for common jams, for more immediate use, but they will not keep so long as when made of lump sugar.

Red Currant Jelly.

Strip the currants and put them into an earthen pan or jar, set that in a vessel of boiling water, and keep the water boiling till the fruit is all burst; then pass through a jelly bag, but do not squeeze it. When the juice has all run off, put it into a preserving pan, and to each pint allow $1\frac{1}{4}$ lb. of good lump sugar; less may do, but the jelly will not be so sure to keep. Boil the jelly, rather quickly, from fifteen to twenty minutes, scumming carefully all the time; try a little in a saucer, to ascertain if it be stiff enough, then fill your pots or glasses; leave them uncovered two days, then cover brandy papers over, and tie skins over tight.

White Currant Jelly.

The same; but rather less boiling. The sugar must be very fine, to insure delicate clearness for the jelly.

Black Currant Jelly.

The same as red currant jelly. When the juice is put into a preserving pan, with the sugar, add a very little water. Less sugar *may* do. But boil it well.

Currant Jam.

When jelly is made, if the bag be not squeezed, the fruit in it will have juice enough for jam; or, if not, put a fourth part of fresh fruit to it, then boil it up, with its weight of sugar, fifteen or twenty minutes.

Raspberry Jam.

Take 4 parts of raspberries and 1 part of red currant juice, boil it fifteen or twenty minutes, with an equal weight of sugar. Skim off the dross, as it rises.—*Or*, use raspberries alone, and no juice—*Or*: Some persons recommend the *Antwerp*, they are so juicy as to require boiling by themselves until nearly dry: then add 1 lb. fine lump sugar to 1 quart fruit, then boil again fifteen minutes, and no more, or the colour will be injured.

Strawberry Jam.

Gather fine scarlet strawberries, just ripe, bruise, and put them into a preserving pan, with about a fifth part of red currant juice; strew over nearly their weight of sifted lump sugar, and boil quickly fifteen minutes.

Gooseberry Jam.

This may be made of gooseberries only, in the same manner as directed for currant jam, or of a mixture of red or black currants and gooseberries.

Green Gooseberry Jam.

First crack them in a mortar, put them into a preserving

pan with $\frac{3}{4}$ lb. lump sugar, to 1 lb. fruit, and boil till it begins to look clear.

Rhubarb Jam.

Boil an equal quantity of rhubarb, cut in pieces, and gooseberries, before they are quite ripe, with $\frac{3}{4}$ lb. loaf sugar to 1 lb. of fruit. Well boiled, it forms a rich jam, similar to apricot.—*Or* : use moist sugar. It will keep some time.

Black Butter.

A very nice preserve to spread on bread, and is a mixture of currants, gooseberries, cherries, raspberries or strawberries. To every 2 lb. fruit, put 1 lb. sugar, and boil it, till reduced one fourth.

Fruit for Puddings.

Pare apples, pears, plumbs, and any other fruit you have, and put them in a stone jar with enough good brown sugar to sweeten it. Place the jar in a cool oven, till the fruit is cooked. This will not keep long.

To preserve Damsons, Bullaces, Morella Cherries, Gooseberries, and Currants, for Winter use.

The fruit should not be over ripe. Put it into wide mouthed bottles, with about 6 oz. Lisbon sugar to each bottle ; put corks lightly in, then put the bottles into a vessel of boiling water, and keep it boiling till the syrup rises above the fruit. Take them out of the water and when the fruit is cold, cork tightly, dip them in melted rosin, and tie bladders over. Be sure use good corks.

To bottle Green Gooseberries and Currants.

The same as the last receipt, only without sugar. Set the bottles in boiling water, and let them remain until the fruit begins to shrivel, take them out, and when the

fruit is cold, cork the bottles tight, and dip the corks in melted rosin. The rough sort is best.

To Bottle Raspberries.

Take an equal weight of crushed fruit and powdered loaf sugar, mix well together, and put them into wine bottles; cork tight and rosin the corks. In this way of preserving without boiling, the colour and flavour are very fine, and they will keep through the year.

Damsons for Tarts.

Choose jars to hold 8 or 9 lb.; they should be of equal size at top and bottom. Put in each jar, one fourth of the fruit, then a fourth of good moist sugar (allow 3 lb. sugar to 9 lb. fruit), then another layer of fruit, and so on, till the jar is full: put it in an oven just hot enough to bake the fruit through. When household bread is drawn, the oven is generally hot enough for this purpose, and the jars may remain in all night. When the fruit is cold, put a clean stick, a little forked at one end, into the middle of the jar, leaving the forked end a little above the top; put a piece of white paper over the fruit, (which ought to reach the neck of the jar), then run melted mutton suet over it, of an inch thick, and keep the jar in a cool place. When you open it, lift up the covering of suet by the stick.

Apricots for Tarts.

Cut the apricots in two, but do not pare them, take out the stones, and to every pound weight of fruit, put 1 lb. lump sugar pounded. Let them stand all night. Then stew them gently over a slow fire till tender. Skim them, as they simmer, till they are quite clear. Put them in pots, and when quite cold, cover with silver papers dipped in brandy, and tie down close.

Apple Marmalade.

Pare and core the apples, leave them in a cool oven all night; the next day boil them up, gently, with sugar to sweeten, a little lemon peel and pounded cinnamon.

Peach, Apricot, or Plum Marmalade.

Skin the fruit, take out the stones, and mash it in a bowl; put an equal weight of fruit and sugar into a preserving pan, boil it fifteen minutes, taking off all the scum. The kernels may be bruised and added.

Quince Marmalade.

Cut the fruit in quarters, and to 5 lb. weight, and 3 lb. sugar, add 1 pint of water; cover a piece of white paper over to keep in the steam, and simmer gently three hours; then beat them up to a jam, add $\frac{1}{2}$ lb. more sugar, and simmer the jam another half hour.—*Or*: take the parings and cores of 2 lb. quinces, cover them with water, and let it boil well; add 2 lb. sugar, and when that is dissolved in the liquor, set it over a slow fire, and let it boil till it becomes a thick syrup; but the scum must be taken off as it rises. Let it get cold, then put in the quinces, with a little cochineal, and set it over a slow fire; stir and beat with a pewter spoon till it is done.

Damson Cheese.

Put the fruit into a stone jar, cover it, and set it on a hot hearth, or, in an oven, and let the fruit eoddle for about six hours, stirring it now and then. Pulp the damsons through a sieve, add $\frac{1}{2}$ lb lump sugar to every 2 lb. of fruit, and some of the kernels, blanched, and beaten in a mortar. Put it all in a stew-pan, and boil very gently for two or three hours, (it can hardly boil too long, as boiling makes it firm), skimming carefully all the time.—*Bullace Cheese* in the same way.

Apricot Cheese.

Pare, then boil them with their weight of sugar, previously melted with a very little water; as the fruit breaks, take out the stones, blanch and pound the kernels, and put them to the fruit. Let the apricots boil, not more than half an hour. Pour the cheese into shapes.

Orange Cheese.

Scrape off the outward rind of as many Seville oranges as you require, take out the pulp and skin, boil the peel till tender, in water, beat it in a marble mortar to a pulp, add its weight of loaf sugar (already dissolved in the juice), and boil it quickly an hour; when done pour it into moulds, or on plates, to cut in shapes. Keep it in a dry place.

Cucumbers to Preserve.

Choose the greenest and most free from seeds, some small, to preserve whole, others large, to cut in long slices. Put them in strong salt and water, cover with vine leaves, and set them in a warm place till they are yellow; then wash, and set them over the fire, in fresh water, with a little salt and fresh vine leaves; cover the pan very close, but take care the fruit does not boil. If they are not of a fine green, change the water, and that will help to green them; cover as before, and make them hot. When of a good colour, take them off the fire, and let them stand till cold; then cut the large ones into quarters, take out the seeds, and soft parts, put them into cold water, and let them lay two days, but change the water twice every day to take out the salt. Take 1 lb. loaf sugar, and $\frac{1}{2}$ pint of water, and when it has been boiled and well scummed, add the rind of a lemon, and 4 oz. scraped ginger. When the syrup is very thick, take it off the fire, and when cold, wipe the cucumbers dry, and put them into the syrup. The syrup should be boiled once in two or three days, for a fortnight, and you may add more to it if necessary. When you pour the syrup upon the cucumbers, be sure that it is cold. Cover close, and keep in a dry place.

Strawberries to Preserve whole.

The fruit should be of the fine scarlet kind, and not over ripe; have its weight in sifted sugar, and sprinkle *half* of it over the fruit, and let it stand all night. The next day, simmer it gently with the rest of the sugar, and 1 pint of currant juice, to 1 lb. of fruit, till it jellies.

Strawberries in Wine.

Fill a wide mouthed bottle three parts full of strawberries gathered quite dry, strewing amongst them 4 table-spoonfuls of finely pounded sugar: fill up with fine old sherry and cork it close.

Red Gooseberries whole.

The fruit must be just ripe, but no more. Clip off the top of each berry, make a little slit in the side, with a needle, that the sugar may penetrate, and take an equal weight of fruit and of sugar; boil them together, very gently, scum well, and when the skins begin to look transparent, take out the fruit, with a skimmer, and put it into jars or glasses; continue to boil the syrup till it will jelly, then strain, and pour it over the fruit.

Morella Cherries.

Cut off the stalks, and priek the fruit with a needle, boil a fourth more than its weight of sugar, about five minutes, with $\frac{1}{4}$ pint of red or white currant jelly; then put in the cherries, and simmer gently till they look bright. Some take out the stones.

Cherries en Chemise.

Cut off half the stalk of large ripe cherries; roll them, one by one, in beaten white of egg, and then lightly in sifted sugar. Spread a sheet of thin white paper on a sieve reversed, and place that on a stove, spread the fruit on the paper, and send them from the stove to table. Bunches of currants, or strawberries, in the same way.

Cherries in Syrup.

Take out the stones, put the fruit into a preserving pan, with 2 lb. lump sugar to 6 lb. fruit, let it come slowly to a boil, set it by till next day, boil up again, repeat this the

third day, when they will begin to look bright and plump; then pot them in the syrup.

Dried Cherries.

To every 6 lb. cherries, stoned, allow 1 lb. lump sugar. Scald the fruit in a preserving pan, with very little water, then take out the fruit, and dry it: put it into the pan, with the sugar finely powdered, and put it over the fire to get scalding hot, then set it aside to get cold, put it on the fire again, and repeat this for the third time, then drain them from the syrup, and lay them singly to dry on dishes, in the sun, or on a stove. Keep them in boxes between layers of white paper.

Orange Marmalade.

Get the clearest Seville oranges you can; cut them in 2, scoop out all the pulp and juice into a bason, and pick out the seeds and skins. Boil the rinds in spring water, changing that two or three times, to take off their bitterness: if for smooth marmalade, beat the rinds in a marble mortar, if for thick marmalade cut the rinds in thin pieces, add it to the juice and pulp, put it all into a preserving pan, with double the weight of lump sugar; put it over a slow fire, and boil it rather more than half an hour. Put it into pots, cover with brandy papers, and tie down close.

Oranges to Preserve.

Cut a hole at the stalk end, and scoop out the pulp, tie up each one in a piece of muslin, and lay them in cold spring water, enough to cover them, for two days, changing the water twice a day; then boil them in the last water, till quite tender. Take the oranges out of the liquor and allow 2 lb. of the best lump sugar, and 1 pint of water, to every lb. of fruit, and put it into the liquor: boil and scum till it is a clear syrup, let it cool, then put in the oranges, and boil them gently half an hour. Boil the syrup every day, for a week, or till it looks clear.—*Or:* grate the oranges, put them in water, change it twice

a day, then boil gently, till tender, and put them in cold water again, for two or three hours. Cut a small piece off the top, take out the seeds, and to every orange allow $\frac{1}{2}$ lb. of lump sugar, strew it over them in a preserving pan, without any water, and set that over a gentle fire, turning the oranges occasionally: when clear, lift them out, put them into little pots, boil up the syrup, and pour it hot over the oranges.—*Or*: pare the oranges, tie them separately in cloths, boil them in water till tender, that a straw may pass through them: cut a hole in the stalk end, take out the seeds, but not the pulp. Make a syrup of sweet oranges, lemons, and sugar, and when that is clear, put in the oranges.

Apricots and Peaches.

Pare and stone the finest fruit, not over ripe, and weigh rather more than their weight of lump sugar. Spread the fruit in a dish, the slit part upwards, strew the sugar over, and let them stand all night. Break the stones, blanch the kernels, and simmer the whole gently, till the fruit looks transparent; scum well, lift the fruit out carefully into pots, pour the syrup over, and, when quite cold, cover close.—*Magnum Bonum Plums and Greengages*, in the same way, leaving on a piece of the stalk.

Jargonelle Pears.

Pare smoothly and thinly, some large, well shaped pears. Simmer in a thin syrup, and let them lie in it two days. Then pour off the syrup, add more sugar, and clarify it; that is to say, simmer and scum it; then put the pears in, simmer them till they look transparent, lift them out into pots, pour the syrup over them, and tie closely. Use rather more than the weight of fruit in sugar. A grain or two of pounded cochineal may be put in the syrup; lemon juice is an improvement.

Quinces.

Pare the quinces very thin, and put them into a stew-pan; cover with their parings, and fill the sauce-pan with

hard water, set it over a slow fire, and keep the lid close that the steam may not escape; when the fruit is tender take it out, and put to 1 quart of water $2\frac{1}{2}$ lb. lump sugar, and make a clear syrup of it; put in the quinces, boil them ten or twelve minutes, and set them by, for four or five hours; then boil again, five or six minutes, take them off the fire, and set them by two days; boil again, ten minutes, with the juice of 2 lemons. Let the quinces be quite cold, put them into broad pans, so that they stand singly, and pour the syrup over. Cover with brandy papers, and skins over the whole.—*Or*: cut them in quarters, and to 5 lb. fruit, put 3 lb. sugar, and $\frac{1}{2}$ pint water; lay a piece of white paper over, to keep in the steam, and let them simmer gently, three hours.

Fruit *pastes* are made by boiling the fruit with clarified sugar to a thick marmalade, then mould it into thin cakes, and dry them in a stove.

Almacks.

Take baking pears, apples, apricots, and plums, of each 1 lb. Slice the two first, and open the others, put them, in alternate layers, in an earthen jar, and put it in a slow oven. When the fruit is quite soft, squeeze it through a cullender, put to it 1 lb. lump sugar, and simmer gently, stirring all the while, till it will leave the pan clear, then put it in small earthen moulds, or drop it in little cakes, and when cold, put them by for use.

Peaches in Brandy.

Gather peaches before they are quite ripe, prick them with a large needle, and rub off the down with a piece of flannel. Pass a quill carefully round the stone, to loosen it. Put them into a large preserving pan, with cold water, rather more than enough to cover them, and let it gradually become scalding hot. If the water does more than simmer very gently, or the fire be fierce, the fruit is likely to crack. When they are tender, lift them carefully out, and fold them in flannel, or a soft table cloth, in several folds. Have ready a quart, or more as the peaches require, of the best brandy, and dissolve in it 10 oz.

of powdered sugar. When they are cool, put them into a glass jar, and pour the brandy and sugar over. Cover with leather, or a bladder.—*Apricots* and *Plums*, the same way.

Cherries in Brandy.

Gather morella cherries on a dry day, when quite ripe; cut off *half* the stalk, and put them into wide mouthed bottles, strewing layers of finely pounded sugar between. Allow to each bottle half the weight of the fruit in sugar. When the fruit reaches the neck of the bottle, fill up with brandy; cork and rosin it tight.

Grapes in Brandy.

Put some close bunches, of any sort, into a jar, (having pricked each grape), strew a good quantity of pounded sugar candy over them, and fill up the jar with brandy. Tie a bladder over, and keep in a cool place.

Damson Jam.

Allow 1 lb. sugar to every quart of fruit, and boil it till the juice adheres to the fruit. This is the best way to preserve damsons for open tarts.

Raspberries Whole.

Gather on a dry day, and after a dry night. To 1 lb. fruit allow $\frac{3}{4}$ lb. white sugar pounded, or white sugar candy; put a layer of fruit and a layer of sugar, alternately, into a preserving pan, and keep shaking till it boils, taking off all the scum. Boil it ten minutes.—When cold, cover with brandy papers, and tie bladders over.

CHAPTER XXV.

PICKLES.

THE great art of pickling consists in using good vinegar, and in selecting the articles to be pickled, at the proper seasons.—Pickles are very indigestible, but their liquor is good to give relish to cold meat, therefore the strongest vinegar should be used, because the less quantity of it will be required at table. They should be kept in a dry place, and glass jars are the best, because it is easy to perceive whether the vinegar diminishes, and if it does, more should be boiled with spice, and then poured over the pickles. Fill the jars 3 parts full with the pickles, but always let there be 3 inches above their surface of vinegar. If earthenware jars are used, let them be unglazed; and vinegar should always be boiled in unglazed earthenware; though in fact, it ought never to *boil* at all, but be just scalding hot, for boiling causes much of the strength to evaporate. Keep the bottles closely stopped, with bungs, and over them a bladder, wetted in the pickle. When you have opened a bottle, cork it up again, put a fresh bladder over, if you wish the pickles to keep a long time. When the pickles are all used, the vinegar should be boiled up with a little more spice, and bottled when cold. The colour of pickles is a matter of no small difficulty, though one of the greatest consequence, when used by way of ornament. A fine colour is sometimes preserved by keeping pickles a long time in scalding hot vinegar, the vessel being covered. When a bottle of capers or pickles is opened, it should be kept filled up, by fresh boiled vinegar.—Wooden spoons ought to be kept with the pickle jars.

Artichokes are in season in July and August.

Cauliflowers, in July and August.

Capsicum pods, end of July and beginning of August.

Cucumbers, the end of July, to the end of August.

French beans, July.

Mushrooms, September.

Nasturtium pods, middle of July.

Onions, from the middle, to the end of July.

Radish pods, July.

Red cabbage, August.

Samphire, August.

Tomatas, the end of July to the end of August.

Walnuts.

Make a strong brine of salt and water, about $\frac{1}{4}$ lb. salt to a quart of water, and let the walnuts soak in it a week; previously pricking them, with a large needle. Then put them, with the brine, into a stew-pan, give them a gentle simmer, pour off the liquor, lay the walnuts on a sieve to drain, and expose them to the air, two days, to turn them black. Have ready made, a pickle of strong vinegar; add to each quart 1 oz. ginger, 1 oz. strong pepper, 1 oz. eschalots, 1 oz. salt, $\frac{1}{2}$ oz. allspice, and $\frac{1}{2}$ a drachm of cayenne; some persons add garlick, brown mustard seed, bay leaves, cloves, mace, chopped chilies and horse-radish; put all into a stone jar, tie over a bladder wetted with vinegar, and over that a leather; keep it close by the side of the fire two days and nights, shake it frequently. Put the walnuts into jars, and pour the pickle hot over them. When the pickle is cold, put in bungs, and tie wetted bladder over.

Walnuts, Green.

The best time for pickling walnuts is while the shells are still tender, and before they are quite ripe. Lay them in a strong brine of salt and water for nine or ten days, changing the brine twice during that time. Put in a thin board to float over, that the air may not get to them and turn them black. At the end of ten days, pour the brine from the walnuts, and run a large needle several times through each one. Lay some vine leaves at the bottom of an earthen pan or pipkin, put in the walnuts, and cover them with more leaves; then fill up the vessel with water, and

stand it on the fire, till scalding hot; then pour off the water, put fresh in, let that become hot, pour it off, and repeat the same, once again. Scrape off the husks, rub the walnuts smooth with flannel, and throw them into a vessel of hot water. Boil, three minutes, a quart of good vinegar for every 50 walnuts, with white pepper, salt, ginger, cloves, and cayenne (in the same proportion as the last receipt); and after rubbing the walnuts dry out of the water, pour the vinegar over them.

Gherkins.

The best are about 4 inches long, and 1 inch in diameter; put them into unglazed jars, or open pans, and pour salt and water over them ($\frac{1}{4}$ lb. salt, to a quart of water), cover, and set them by the side, when not convenient for them to stand before the fire; in two or three days they will be yellow, then pour off the water, and cover them with scalding hot vinegar; set them again before the fire, and keep them of an equal heat, if possible, for eight or ten days, and they will become green; then pour off the vinegar, and have ready to pour over the gherkins (in the jars in which they are to be kept), the same pickle as that for walnuts, leaving out the eschalots, if you choose. The vinegar which has been poured from the gherkins should be bottled for use, for it will be good cucumber vinegar.

Onions.

Get small round silver button onions the size of a nutmeg, take off their tops and coats, and put them into a stew-pan 3 parts full of boiling water; put no more at once than just enough to cover the top of the water. As soon as the onions look transparent, take them up, in a sieve, lay them on a folded cloth, and cover with another folded cloth, whilst you scald the remainder. Make them quite dry with these cloths, then fill the jars 3 parts full, and pour over them the following pickle, quite hot: to a quart of strong vinegar, put 1 oz. allspice, 1 oz. ginger, 1 oz. mace, 1 oz. scraped horse-radish, 1 oz. black pepper, and 1 oz. salt; let it infuse, by the side of the fire, three

or four days. When the pickle and the onions are cold, bung the jars, and cover them, first with bladder wetted in vinegar, then with leather.—*Or*: put the onions into salt and water, change that every day, for three days, then put them in a stew-pan with some cold milk and water, let that stand over a fire till *near* to a boil, take out the onions, dry and put them into jars, and pour a pickle over them, of good vinegar, salt, mace and pepper, after it has been boiled and become cold.

Cucumbers and Onions.

Boil in 3 pints vinegar $\frac{1}{4}$ lb. flour of mustard, mixed as for table use; let it stand till cold. Slice 12 large cucumbers, and $\frac{1}{2}$ gallon large onions; put them into jars with 2 oz. ginger, $\frac{1}{2}$ oz. white pepper, and a small quantity of mace and cloves, and pour the vinegar, when cold, over them. Tie down close.

Red Cabbage.

Cut out the stalk, and divide a firm dark coloured middling sized cabbage, then cut it into slices the breadth of straws; sprinkle salt over, and let it lie two days; then drain the slices very dry, and fill the jar, 3 parts full, and pour a hot pickle over them, of strong vinegar, which has been heated, with some black pepper, ginger, and allspice. Cover the jar to keep the steam in, and when the pickle is cold, put in bungs, and tie bladders over.

Melon Mangoes.

Cut a small square piece out of one side, and take out the seeds; fill them with brown mustard seeds, garlick, eschalot, scraped horse-radish, ripe capsicums, and a little finely pounded ginger: stuff the melons as full as the space will allow, replace the square piece, and bind them up tightly with fine thread. Boil a gallon of white wine vinegar, with $\frac{1}{4}$ oz. mace, $\frac{1}{4}$ oz. cloves, $\frac{1}{2}$ oz. ginger, $\frac{1}{2}$ oz. black and long pepper, and $\frac{1}{2}$ oz. of cayenne; just as it is coming to a boil, pour in a wine-glassful of the essence of horse-radish, and another of garlick vinegar.

Beet Root.

Boil them very gently from an hour and a half to two hours, or till they are 3 parts done, take them out of the water, and let them eool; peel and cut them in slices about $\frac{1}{2}$ an inch thiek. Have a pickle of good vinegar prepared, and to each quart put 1 oz. blaek pepper, $\frac{1}{2}$ oz. salt, $\frac{1}{2}$ oz. horse-radish, $\frac{1}{2}$ oz. ginger, and a little eayenne; let these infuse by the side of the fire three days, and let the pickle be eold before you pour it over the beet-root.

Mushrooms.

Take the red inside out of the large ones, and rub both large and small, with a pieee of flannel and some salt; put them into a stew-pan, with a little mace and pepper, and strew salt over; keep them over a slow fire, till the liquor which will be drawn from them dries up again, but shake the stew-pan often; then pour over as much vinegar as will eover them, let it become hot, but not boil, and put it all into a jar. When eold tie down elose.

India Pickle.

The following are very good receipts. Put into a jar a gallon of white wine vinegar, 1 lb. sliced ginger, $\frac{1}{2}$ oz. turmerie bruised, $\frac{1}{2}$ lb. flour of mustard, $\frac{1}{2}$ lb. salt, 1 oz. long pepper, bruised: peel $\frac{1}{2}$ lb. garlick, lay it on a sieve, sprinkle it with salt, let it stand in the sun, or before the fire, three days to dry, then put it into the vinegar. Place the jar by the side of the fire, cover close, and let it remain three days, but shake it every day, and it will be ready to reeeive the vegetables.—*Or*: boil in a gallon of vinegar for ten minutes, 2 oz. black and white peppercorns, 2 oz. flour of mustard, 2 oz. turmerie and 2 oz. ginger, 1 oz. of the best cayenne, and a good quantity of young horse-radish: add some curry powder, and eschalots. Great care is required in preparing the vegetables; they should be gathered, as they come in season, on a dry day. Parboil in salt and water strong enough to bear an egg, then drain and spread them in the sun, or before the fire,

or on a stove, to dry ; this will occupy two days ; then put them into the pickle. The vegetables commonly used are, large cucumbers sliced, gherkins, large onions sliced, small onions, cauliflowers and brocoli in branches, celery, French beans, nasturtiums, capsicums, white turnip radishes, codling apples, siberian crabs, a large carrot in slices nicked round the edges, and a white cabbage cut up, but neither red cabbage nor walnuts. Small green melons are very good in this pickle : cut a slit large enough to take out the seeds, parboil the melons in salt and water, drain and dry, then fill them with mustard seed, and 2 or 3 cloves, tie round, and put them into the pickle. Some use green peaches.—Some persons boil it up after all the vegetables are in.

Lemons.

Cut them across, about half way through, and put $1\frac{1}{2}$ tea-spoonful of salt into each one, let them lie in a deep dish for five or six days ; then to each lemon add $1\frac{1}{2}$ nutmeg, grated, 1 table-spoonful of black mustard seed, and a little mace : boil till tender, in as much vinegar as will cover them, then put them by for use. The jar should be kept filled with vinegar.—*Or* : cut the lemons in 4 parts, but not through, fill with fine salt, put them in layers in a jar, and sprinkle fine salt over each layer. Examine and turn them, every five or six days, and in six weeks they will be fit for use. If dry, add lemon juice to them.—*Or* : grate off the rind of 8 lemons, rub well with salt, and turn them every day for a week : then put them into a jar with 2 oz. race ginger, a large stick of horse-radish sliced, 2 tea-spoonfuls of flour of mustard, 3 of cayenne, 1 oz. turmeric, and vinegar enough to cover them. Put more vinegar if required.

Cauliflower and *brocoli* before they are quite ripe, may be picked in neat branches, and pickled, the same way as *gherkins* ; also *French beans*, nasturtiums and radish pods, in the same way.

CHAPTER XXVI.

VINEGARS.

VINEGAR is seldom made at home, and as the best is made from wine only, it is scarcely worth the trouble, for, for every purpose, the best vinegar is the cheapest.

Gooseberry Vinegar.

To every quart of bruised ripe gooseberries, put 3 quarts of spring water, stir well, and let them steep eight and forty hours; then strain into a barrel, and to every gallon of liquor put 2 lb. white pounded sugar, and a toast soaked in yeast. Place it in the sun in summer, and by the side of the fire in winter, for six months, without stopping the bung hole, but keep it always covered with a plate. White currants, stripped, in the same way.—*Or*: boil 1 lb. coarse brown sugar in a gallon of water, a quarter of an hour, scumming well; put it in a pan, when nearly cold put in a thick slice of toasted bread spread with yeast: let it work twenty-four hours, put it in a cask or jar, and place that in the sun, or near the fire. This would be the better for some gooseberries, gathered just as they are getting ripe, and bruised.

Good common Vinegar.

To every gallon of water, put 2 lb. coarse raw sugar, boil and skim. Put it in a pan or tub, and when sufficiently cold, add a slice of toast, spread on both sides with fresh yeast. Let it stand a week, then barrel, and set it in the sun or by the fire, for six months.

Cider Vinegar.

To every gallon of cider, put 1 lb. white sugar, shake well, and let it ferment, four months.

Vinegar of Wine Lees.

Boil the lees half an hour, during which, skim well. Pour it into a cask, with a good bunch of chervil. Stop the cask close, and in a month it will be ready for use.

Many of the following vinegars may be made at little cost, to flavour made dishes. But care must be taken not to give too much of either of them to any dish, lest the flavour be too powerful; indeed where there is any doubt as to the taste of the company, perhaps the flavouring vinegar or wine should be sent to table in a cruet. Some use flavoured vinegars in salads, and many of the following are good with cold meat.

Cayenne Vinegar.

Put into a quart of the best vinegar, 10 oz. cayenne, 1 oz. salt, 1 oz. cloves, 1 oz. garlick broken, and 2 grains cochineal bruised; shake it every day, for a fortnight.

Chili Vinegar.

Put a 100 fresh gathered red chilies into a quart of the best white wine vinegar, and let them infuse, ten days, shaking the bottle every other day. $\frac{1}{2}$ an oz. of really good cayenne will answer the purpose of the chilies.—A spoonful or two in melted butter, for fish sauce.

Chili Wine.

The same way as the last, using sherry, or brandy, instead of vinegar. A fine flavouring ingredient.

Eschalot Vinegar.

Infuse in a pint of vinegar, 1 oz. eschalots, peeled and sliced, a little scraped horse-radish, and 2 tea-spoonfuls cayenne: shake the jar or bottle, once a day for three weeks, then strain and bottle the liquor.

Tarragon Vinegar.

Pick the leaves on a dry day, about midsummer, make them perfectly dry before the fire, then put them into a wide mouthed bottle or jar, and pour in vinegar to cover

them ; let them steep fourteen days, then strain through a flannel jelly bag, and pour it into half pint bottles ; cork carefully and keep in a dry place.

Vinegar for Salads.

Take of ehives, savory, tarragon, and eschalots, each 3 oz., of balm and mint tops, a handful, each. Dry, pound, and put them into a wide mouthed bottle or jar, with a gallon of the best vinegar, and cork close. Set it in the sun, for a fortnight, strain it, and squeeze the herbs ; let it stand a whole day, then strain through a bag, and bottle it.

Garlick Vinegar.

Peel and bruize 2 oz. garlick, infuse it in a quart of good vinegar, three weeks. Strain and bottle it. A few drops will flavour a pint of gravy ; a very slight flavour is approved of by some, but by others, is considered highly offensive.

Green Mint Vinegar.

Before green mint is to be got this is sometimes useful, for house lamb. Fill a wide mouthed bottle with the green leaves, cover with vinegar and let them stand a week, pour off the vinegar, and put in fresh leaves, let it stand another week, then pour off and bottle it.

Horse-radish Vinegar.

Prepare this when horse-radish is in the greatest perfection, about November. Scrape 3 oz. also 2 oz. eschalots, and 1 draehm of cayenne, pour on them a quart of vinegar, and let it stand a week, then strain, and it is ready. Good in salad, and with cold beef.

Camp Vinegar.

Put into a pint of the best vinegar, 1 drachm of cayenne, 3 table-spoonfuls soy, 4 table-spoonfuls walnut catsup, a small clove of garlick, minced fine, and 4 anchovies chopped. Let this steep a month, shake it every other day,

strain it, and pour it into pint or $\frac{1}{2}$ pint bottles, and keep them corked tight.

Cucumber Vinegar.

Pare 8 or 10 large cucumbers, cut in thin slices, and put them into a china bowl, with 2 onions sliced, a few eschalots, a little salt, white pepper, and cayenne. Boil a quart of vinegar, let it cool, then pour it into the bowl. Cover close, let it stand three days, then bottle it.

Eschalot Wine.

For flavouring soups, sauces, and made dishes. Peel, then mince and pound in a mortar, 3 oz. eschalots, steep them in a pint of sherry, ten days; pour off the liquor and put in 3 oz. fresh eschalots, let it stand again ten days, then pour off, and bottle it. A little thinly cut lemon peel, a few drops of essence of lemon peel would improve it.

Basil Wine.

About the end of August fill a wide mouthed bottle with fresh leaves of basil, cover with sherry and let them stand ten days; strain and put in fresh leaves, let it stand another ten days, then pour off, and bottle it. A tablespoonful to flavour a tureen of mock turtle. Put it in the soup just before it is served.

Raspberry Vinegar.

This, besides being a very nice sauce for batter and other light puddings, is good mixed in water as a summer drink, in cases of cold, sore throat or fever. It will not be good unless made with fresh fruit; and the finer the sugar, the clearer will be the syrup.—To 1 quart of fruit add 1 pint of vinegar, (cold); cover close and let it stand twenty-four hours. Then pour off the liquor, and put to it a quart of fresh fruit, cover close and let it again stand twenty-four hours; repeat the same for the third time. Then boil up the vinegar, with a lb. of lump sugar to each pint, until it becomes a syrup. Bottle close.

CHAPTER XXVII.

ESSENCES.

SOME of the following are useful in culinary, others in medicinal compounds, and some in both.

Essence of Ginger

Put 3 oz. fresh grated ginger, and 1 oz. thinly cut lemon peel into a quart of brandy, let it stand ten days, and shake it every day.—*Essence of Allspice*:—Oil of pimento, 1 drachm, strong spirits of wine, 2 oz., mix them by degrees; a few drops will flavour a pint of gravy or wine.—*Essence of Nutmeg, Clove or Mace*:—Put 1 drachm of either into 2 oz. of the strongest spirit of wine. A few drops will be sufficient.—*Essence of Cinnamon*:—2 oz. spirits of wine, and 1 drachm of oil of cinnamon.

Essence of Savoury Spice.

1 oz. black pepper, $\frac{1}{2}$ oz. allspice finely pounded, $\frac{1}{4}$ oz. grated nutmeg, infused in a pint of brandy ten days.

Essence of Cayenne.

Steep 1 oz. good cayenne in 1 pint of brandy, or spirits of wine, a fortnight, then strain and bottle it, for use.

Essence of Seville Orange and Lemon Peel.

Rub lump sugar on the lemon or orange, till quite saturated with the rind, then scrape the sugar so saturated, into the jar you keep it in, rub the rind again, and so on, till you have enough, press the sugar down close, and keep it for use. This imparts a very nice flavour to custards and puddings. Tincture of lemon peel is made by paring the peel, and steeping it in brandy.

CHAPTER XXVIII.

CATSUPS.

THESE should be made at home, as well as pickles. A small quantity of catsup every year is sufficient, and very little time and trouble will provide it. It should be put into small bottles (filled to the neck), for when a cork is once drawn, catsups, essenees, and pickles begin to decay. The bottles should be kept lying on their side, because this tends to preserve the cork. Keep them in a dry place.

Mushroom Catsup.

Made in September. The large flaps are best. Break off whatever parts are dirty or decayed, and lay the rest, in pieces, in an earthen pan in layers, with salt between; put a folded cloth over, and let it stand a day and night, or longer, by the side of the fire; then strain off the liquor into the sauce-pan, and to every quart, put $\frac{1}{2}$ oz. black peppercorns, a $\frac{1}{4}$ oz. allspice, $\frac{1}{2}$ oz. sliced ginger, a few cloves, and 2 or 3 blades of mace. Boil the liquor, fifteen minutes, over a quick fire, though it will be stronger, and keep longer if boiled until the quantity be reduced one half, and then the spices need not be put in until it has been boiling about twenty minutes. When you take it off the fire, let it stand to settle, pour off clear, and bottle it; the sediment may be strained, and bottled also, for it answers for fish sauce, and brown soup. Anchoovies, bay leaves, and cayenne, may be added to the spices. Dip the corks in melted rosin. Some put a table-spoonful of brandy, into each pint bottle. A table-spoonful of mushroom catsup is sufficient to flavour $\frac{1}{2}$ pint of sauce.—Or: break them in a pan, sprinkle salt between and let them stand till the next day, when, if their liquor be not drawn,

add some fresh mushrooms and more salt : the next day pour off the liquor, boil it three hours, let it settle, strain and add to every 2 quarts, $\frac{1}{2}$ oz of cloves, $\frac{1}{2}$ oz. nutmegs, $\frac{1}{2}$ oz. mace, 1 oz. race ginger, 1 oz. jamaica, and 1 oz. black pepper, some eschalots and horse radish, and 1 pint of port wine, then boil it again half an hour. This will keep well.

Walnut Catsup.

Gather the walnuts green, prick them with a large needle and let them lie three days, in an earthen pan, sprinkled over with a good handful of salt, and a very little water. Mash them well each day, with a rolling pin. On the fourth day, pour some scalding hot salt and water over, mash again, and let them stand the whole day ; then with a spoon or cup, lift out what liquor there is, pound the walnuts well, and pour a little good vinegar and water over them, which will extract all their juice ; pour this off, and put to it what you already have, boil it slowly, and scum well. When there is no longer any scum, put to every quart 1 oz. bruised ginger, 1 oz. allspice, 1 oz. black pepper, a $\frac{1}{4}$ oz. each, of cloves, mace, and nutmeg ; simmer it three quarters of an hour, let it get cold, then bottle it. —*Or:* When of a full size but still tender, pound the walnuts, strain out the juice, let it settle and boil it up, taking off all the scum as it rises : to each 2 quarts allow 3 lb. anchovies, and boil gently till these are dissolved, then strain, and boil again with a small quantity of garlick and eschalots, a stick of cinnamon, $\frac{1}{2}$ an oz. each of black pepper, cloves and mace, the rind of 2 lemons, 3 pints of good vinegar, 4 wine-glassfuls of port wine, and the same of strong beer ; let it boil gently three quarters of an hour ; scum well. The longer this is kept the better.

Oyster Catsup.

Make this of fine fresh Melton oysters. Pound them in a marble mortar, and to a pint of oysters add a pint of sherry. Boil them up, then add 1 oz. salt, 2 drachms of pounded mace, and one drachm of cayenne ; boil up again, skim, then strain it through a sieve, and when cold,

bottle it, and seal down the corks. Brandy will assist to keep this, and it is a nice catsup for flavouring white sauces.—Cockles and muscles are made into catsup, the same way, but a pounded anchovy or two may be added to give flavour.—*Or* : boil 100 oysters in 3 pints of sherry, with 1 lb. of anchovies, and 1 lemon sliced, for half an hour ; then strain it, add a $\frac{1}{4}$ oz. cloves $\frac{1}{4}$ oz. mace, 2 oz. eschalots and 1 nutmeg sliced, boil it a quarter of an hour : when cold bottle it, with the spice and eschalots. If the oysters are large they should be cut.

Tomata Catsup.

Take 6 doz. tomatas, 2 doz. eschalots, 1 doz. cloves of garlick, 2 sticks of horse-radish, and 6 bay leaves ; slice and put them into 1 $\frac{1}{2}$ pint of vinegar, with a handful of salt, 2 oz. pepper, 2 oz. allspice, and a little mace. Boil well together, ten minutes, pour it into a pan, let it stand till the next day, add a pint of sherry, give it one boil, take it off the fire, skim it, and after it has stood a few minutes, add a tea-cupful of anchovy sauce, and a tea-spoonful of cayenne. Strain, and when cold, bottle it. The pulp may be rubbed through a sieve for sauce.

Lobster Catsup.

Get a lobster of about 3 lb. weight, and full of spawn, pick out all the meat, and pound the coral with 6 anchovies in a marble mortar : when completely bruised, add the meat, pound, and moisten it with $\frac{1}{2}$ a pint of sherry or madeira, a tea-spoonful of cayenne, a wine-glassful of chili or eschalot vinegar, and then add 1 $\frac{1}{2}$ pint of eschalot wine ; mix well, put it into wide mouthed bottles, on the top put a dessert-spoonful of whole black peppers, to each bottle : cork tightly, rosin, and tie leather over. Keep in a cool place. 4 or 5 table-spoonfuls to a tureen of thick melted butter.

CHAPTER XXIX.

THE CELLAR.

THE advantages of roomy and dry cellaring, are so universally understood, that it seems unnecessary to say much about them. A good cellar, besides its general convenience with regard to a variety of household purposes, is indispensable to every one who wishes to have good beer. However skilful and successful the brewer, no beer, nor, indeed, any fermented liquors (with very few exceptions), can be kept good, for any length of time, especially in the summer months, unless they be secured from being turned sour by heat, and by sudden variations of the atmosphere. No cellar can be considered perfect which is not below the surface of the ground. Houses in the country are frequently without the convenience of underground cellaring; but every house ought, where it is practicable, to be built over cellars, which, independently of other advantages, contribute very materially to the dryness and warmth of the whole building.

The directions for brewing, given by my Father, in his "*Cottage Economy*", are so circumstantial, and so simple, clear, and intelligible, that any person, however inexperienced, who reads them with attention, may, without further instruction, venture to brew without any risk of a failure. It is certain that very many families, who had previously never thought of brewing their own beer, have been encouraged by the plainness and simplicity of his directions to attempt it, and have never since been without good home-made beer. Brewing is not, perhaps, in strictness, a feminine occupation; there are, nevertheless, many women who are exceedingly skilful in this very useful household art. It is obviously not within the province of the mistress of a house, even to superintend the brewing depart-

ment, but, when circumstances may have rendered it necessary that she should undertake the task, she cannot, when about to give her directions, do better than consult the "*Cottage Economy*."—Supposing her to do this, my work will give further information, and supposing her to know something of brewing, then she does not stand in need of the "*Cottage Economy*."

The utensils necessary are: a copper, a mash-tub and stand, an under-buek to stand under the edge of the mash-tub, a stick to stir the malt, and cloths to cover over the mash-tub, when the malt is put into it, two buuckets, a strainer, a cooler, a tun-tub, and a cask to put the beer into when it is made.

Having these utensils, the next thing is, materials for making the beer. These are, soft water, malt, and hops, and some (bad brewers) use finings to clear the beer when made and put into the cask. The water should be *soft*, because hard water does not so well extract the goodness of the malt; but, if you have none but hard water, soften it by letting it stand two days in some open vessel in the air. The malt should be (or, at least, usually is) ground or bruised into a very coarse meal. The hops should be fresh and of a bright yellow, and highly seented. Farnham hops are the cleanest and the best. I give reeeipts for finings; but do not recommend the use of them, though they certainly will make beer clear which might not be so without them.

The process is this: if you mean to make about a hogshead of beer, take 120 gallons of water (soft or softened by exposure to the air) and put it into the copper. When it has boiled, pour it into the mash-tub. Let it stand till cool enough to receive the malt. This is rather a nice matter. If you put in the malt too soon, it cakes and becomes dough. The old-fashioned rule, is, to let the steam keep flying off till you can see your features in the water; but, as the weather frequently renders this an uncertain eriterion, take your thermometer, and plunge it into the water now and then, and when the quicksilver stands at 170, the heat is about right. Pour the malt in gently out of the sack, taking care to stir it about as it goes in, so as to separate it, and make every particle come in contact with the water; when it is all in, stir it up for twenty

minutes or half an hour. Then put your stirring-stick across the mash-tub, and cover cloths all over from side to side, so as to keep in the heat. Let this, which is called *mashing*, go on four or five hours. It cannot well be too long about. When the malt has remained soaking all this time, draw off the liquor by means of your buckets, and pour it into the copper again. This liquor is called the "*sweet wort*." Light the fire under the copper, and put into it, for *every bushel* of malt that you have mashed, $\frac{3}{4}$ lb. of *hops*, or, if they are not very good, 1 lb. for every bushel. Stir these well into the wort, and keep it on a good hard boil for at least an hour; being very particular to make it boil all the while. This being done, you have now to cool the beer. Rake the fire out from under the copper, and again take out your liquor, in your buckets. Put the cooler in some place away from the chances of dirt falling into it, and where it may stand level; then strain the liquor into it. The next operation is, the *working*; and the most difficult part of this is, to ascertain when precisely the liquor is cool enough to bear it. Experienced brewers generally ascertain this by the feel of the liquor; by merely putting the finger into it; but it is better to use the thermometer again. Plunge it in, and, when the quicksilver stands at 70 the heat is right. Then, with your buckets again, put the whole of the liquor out of the cooler into the tun-tub; and take a pint, or thereabouts, of fresh yeast (balm) and mix it in a bowl with some of the liquor, then pour it into the tun-tub with the liquor that is now cool enough to be set to work; mix it up a little by dipping the bowl in once or twice, and pouring it down from a height of 2 or 3 feet above the surface of the liquor in the tun-tub; then cover the tun-tub over with cloths as you did the mash-tub. In a few hours it will begin to work: that is, a little froth like that of bottled porter will begin to rise upon the surface, when this has risen to its height, and begins to flatten at the top and sink, it should be skimmed off, and is good yeast, and the beer is ready to be put into the cask in your cellar. When you put it into the cask, let it stand a day, without being bunged down, because it may work a little there. When you find that it does not, then, if you use finings, put them in, and bung down tightly.

The following receipt is given to me by a gentleman, who is celebrated for the excellence of his beer.

Suppose the brewer is about to make a hogshead of beer of good strength. Eight bushels of malt will be sufficient. Let the water, if not *soft*, stand two days in some vessel in the open air, which will soften it. One hundred and twenty gallons will be sufficient; and, if he uses ground malt, let him remember to attend to the heat of the water in the mash-tub before he puts it in, and also to the stirring and separating it as it goes in. When it has stood long enough in the mash-tub, he must draw it off and put it into the copper, and then throw in $\frac{3}{4}$ lb. of good hops *for every bushel of malt*; or, if the hops be not really good and strong, 1 lb *to the bushel*. Boil the liquor on a full boil at least an hour; but be very particular to make it boil the whole time; for much depends on this boiling. Beer that has not boiled well is always crude, and soon spoils. It is the great fault of most brewers, that, to save the evaporation caused by a good boiling, they cool the liquor before it has become sufficiently cooked. When it has boiled the proper length of time, pour it immediately, hot as it is, into a clean cask; put the bung and vent-peg in lightly; watch the cask, and when you find fermentation going on, which will show itself by a little oozing out of froth round the bung, take out both bung and vent-peg, and let them remain out till the working is over, and the froth begins to sink down again into the cask; then put the bung and vent-peg in tightly, and the brewing is over. The cask should not be filled to running over, and yet but very little space should be left below the bung when driven in, as the body of air that would fill this vacancy would deaden the beer.

This mode deviates from that practiced by my father, in two essential points: namely, the *cooling* and the *working* of the beer; for, in the last receipt it is not cooled at all, and no yeast is required to work it. If it answer, it is a less troublesome, and, calculating the cost of the coolers, less expensive mode of brewing than that detailed in the "*Cottage Economy*."

The "*Cottage Economy*" speaks of the necessity of keeping the casks in good order; and this is a matter, though of great importance, very often neglected. Ser-

vants are very negligent about vent pegs and bungs. They should be put in tight, the tap taken out, and a cork put in, as soon as the last beer is drawn out. If the casks were well looked after, and kept in proper order, beer would not so often be spoiled. Of equal consequence, is the cleanness of the brewing utensils. They should be seoured well, with a brush and sealding water, after they have been used. Do not use soap or any thing greasy. A strong ley of wood ashes may be used, if there be any apprehension of taint.

When hops have been very dear, gentian has been substituted in part, for them, in the proportion of $8\frac{1}{4}$ oz. of gentian, and 2 lb. hops, to 12 bushels of malt.

To Fine Beer.

Draw out a gallon of ale, put to it 2 oz. isinglass, previously cut small and well beaten; stir the beer, and whip it with a whisk, to dissolve the isinglass, then strain, and pour it back into the cask, stir it well, a few minutes, and put the bung in lightly, because a fresh fermentation will take place. When that is over stop it close, but let the vent peg be loose. When all fermentation is at an end, make the vent peg tight also, and in a fortnight the beer will be fine. Drink 3 quarts of it, and bottle the rest.—A good way to fine new made beer, is to run the wort through flannel into the tun, before it has been worked.

For Stale Small Beer.

Put 1 lb. ehalk, in small pieees, into a half hogshead, and stop it close. It will be fit to drink on the third day.—*Or* : put half ehalk, and the other half hops.

To Bottle Beer.

Stone bottles are best, for very strong beer. The best corks are the cheapest in the end, put them in cold water, half an hour before you use them. The bottles being perfectly clean and free from mustiness, fill them with beer, put in each bottle a small tea-spoonful of powdered sugar, and let them stand uncorked, till the next day:

then cork, and lay the bottles on their sides ; or, better still, stand them with the necks downwards.—*Note.* When a bottle is emptied, the cork should be returned into it directly, or the bottle will become musty.

To Make Cider.

The apples should be quite ripe, but not at all rotten. If the weather be frosty, gather the apples, and spread them from 1 to 2 feet thick, on the ground, and cover with straw ; but if the weather be mild, let them hang on the trees, or remain under, if they have fallen, until you are ready to make the cider. It should not be made in warm weather, unless the apples are beginning to rot, and in that case you must not delay. Fruit not ripe should be made by itself, as the cider never keeps.

The largest cider mills will make, from 100 to 150 gallons in a day, according to the difference in the quality of the fruit, some sorts of apples being more tough and less juicy than others, and consequently requiring more grinding. Too many should not be put into the mill at once, not more than 7 or 8 bushels. They should be ground well, till the kernels and rind are all well mashed, as these give the flavour to cider.

Pour the cider from the mill into a press, and press the juice well, then pour it into hogsheads. When it has done fermenting, and the time for this is very uncertain, rack it off into other hogsheads, let it settle, and then bung it down.

ENGLISH WINES AND CORDIALS.

English wines may be unwholesome in particular cases, but they are not generally so, particularly when *made at home*. If made with care, and kept long enough, they are an excellent substitute for foreign wines, which are so expensive in England, and some of which are so injurious to the health. Orange and ginger wine, are amongst the most esteemed, and they both improve by keeping.

Fruit of every kind should be gathered in dry sunny weather, and be quite ripe. All home made wines taste,

and keep the better for a little brandy; though some persons never use any.

To Clear Wine.

Take $\frac{1}{2}$ lb. hartshorn shavings, dissolve them in cyder, or rhenish wine; this is sufficient for a hogshead.—*Or*: to 2 table-spoonfuls of boiled rice, add $\frac{1}{2}$ oz. of burnt alum in powder: mix with a pint, or more, of the wine, stir it into the cask, with a stout stick, but do not agitate the lees.—*Or*: dissolve $\frac{1}{2}$ oz. of isinglass, in a pint or more of the wine, mix with it $\frac{1}{2}$ oz. of chalk, in powder, and put it into the cask: stir the wine, but not the lees.

British Sherry or Malt Wine.

Take 12 quarts of the best sweet wort, from pale malt, let it cool and put it into a ten gallon cask. Take as much water as will be required to fill up the cask, put it on the fire, with 22 lb. of the best lump sugar, stir from time to time, and let it boil gently, about a quarter of an hour, taking off the scum, as it rises. Take it off the fire, let it cool, pour it into the cask, and put in a little good yeast. It may, perhaps, continue to ferment for two or three weeks; when this has ceased, put in 3 lb. of raisins, chopped fine; these may cause a fresh fermentation to take place, which must be allowed to subside; then put in the rinds of 4 Seville oranges, and their juice, also a quart of good brandy; at the end of three or four days, if a fresh fermentation have not taken place, put the bung in tight. Keep it a year in the cask, then bottle it, and the longer it is kept the better.

British Madeira.

To 10 gallons of water, put 30 lb. of moist sugar, boil it half an hour, and scum well. Let it cool, and to every gallon put 1 quart of ale, out of the vat; let this work, in a tub, for a day or two: then put it in the cask, with 1 lb. sugar candy, 6 lb. raisins, 1 quart of brandy, and 2 oz. isinglass. When it has ceased to ferment, bung it tight, and let it stand a year.

English Frontiniac.

To 4 gallons of water, put 11lb loaf sugar, and boil it, half an hour; when it is only milk warm, put to it nearly a peck of elder flowers, picked clear from the stalks, the juice and peel of 4 large lemons, cut very thin, 3lb. stoned raisins, and 2 or 3 spoonfuls of yeast: stir often, for four or five days. When it has quite done working, bung it tight, and it will be fit for bottling, in a week.

Red Currant Wine.

To 28 lb. of moist sugar, allow 4 gallons of water, pour it over the sugar, and stir it well. Have a sieve of currants (which usually produces between 10 and 11 quarts of juice), squeeze the fruit with the hand, to break the currants, and as you do so, put the crushed fruit into a horse-hair sieve, press it, and when no more juice will run through the sieve, wring the fruit in a coarse cloth. Pour the juice on the sugar and water, mix it, and then pour it all into a nine-gallon cask, and fill it with water, if the barrel should not be full.—The cask should be filled up with water every day, while the wine ferments, and should be bunged up tight, when it ceases. This is a very cheap and simple method of making currant wine.—*Another*: Press or squeeze the fruit (either white or red currants), and to every quart of juice, add 2 quarts of water, and to every gallon of the mixture 3lb. lump sugar; let it dissolve, then pour it into a cask, cover the bung with paper, till the wine has done working, which will be in a month or six weeks; keep the cask filled up, then add 1 pint of brandy to every 5 gallons of wine; do not stop it *quite* close for a week, let it stand till March, then bottle it. $2\frac{1}{2}$ doz. lb. of fine currants will produce 9 quarts of juice, wine measure.—*Another*: Put a bushel of red, and a peck of white currants into a tub or pan, squeeze well, then strain them through a sieve upon 28 lb. of powdered sugar; when the sugar is dissolved put in some water in the proportion of $1\frac{1}{2}$ gallon to 1 gallon of juice, pour it all into the barrel, add 3 or 4 pints of raspberries, and a little brandy.

Raisin Wine.

Put the raisins in at the bung hole of a close cask (which will be the better for having recently had wine in it), then pour in the purest spring water, in the proportion of a gallon to 8 lb. raisins; the cask should stand in a good cellar, not affected by external air. When the fermentation begins to subside, pour in a bottle of brandy, and put the bung in loosely; when the fermentation has wholly subsided, add a second bottle of brandy, and stop the cask quite close. At the end of a year it will be fit to bottle, immediately from the cask, without refining. Malaga raisins make the sweetest wine: Smyrna rich and full and more resembling foreign wine.—*Another*: put a gallon of soft water into a pan, with 4 lb. Malaga raisins, and 2 lb. raisins of the sun. Let them steep three weeks, or until the fruit rises to the top, in a hard cake. Stir them 3 or 4 times a day. Then squeeze the raisins till quite dry. Barrel the liquor, and to every 3 gallons of liquor add the whites of 2 eggs, and 1 spoonful of wheat flour, beaten to nearly a paste. Stir well, with a long stick in the barrel, which must not be quite filled, or stopped down, until it has ceased to hiss; but lay a paper over the bung hole.

Gooseberry Wine.

To every pound of green gooseberries, picked and bruised, add 1 quart of water, let them steep three or four days, stirring them twice a day. Strain the liquor through a sieve, and to every gallon add 3 lb. loaf sugar; also, to every 20 gallons, a quart of brandy, and a little isinglass. When the sugar is dissolved, tun the wine, and let it work, which it will do in a week or little more, keeping back some of the wine to fill up the cask, before you stop it close. Let it stand in the barrel six months, bottle it, in six more you may begin to drink it.

To make 4 gallons of Elder Wine.

Boil 1 peck of berries in 4 gallons of water, half an hour; strain and add $2\frac{1}{2}$ lb. moist sugar. To every gallon

of water add $\frac{1}{2}$ oz. cloves, and 2 oz. ginger, tied up in a linen bag, boil it again five minutes, and pour it into a pan. When cold, toast a piece of bread on both sides, spread it with good yeast, and put it in the wine. When it has worked sufficiently, put it into a spirit cask, and cork it down; take the spice out of the cloth, and throw it into the cask, at the same time pour in a tumbler of brandy. Leave the vent peg out a few days; in three weeks or a month it will be ready to bottle.

Elder Wine to drink cold.

Boil 1 gallon of berries in 2 gallons of water two hours and a half. Add 3 lbs. of moist sugar to every gallon of wine; boil it twenty minutes. Next day work it with a yeast toast. When worked enough, cask it, with $\frac{1}{2}$ a bottle of brandy, and 7 lb. raisins.

Ginger Wine.

To 9 gallons of water put 12 lb. loaf sugar, and 12 lb. of moist, 12 oz. good ginger sliced, and the rind of 8 lemons; boil the whole, half an hour, scum all the time; let it stand till luke warm, then put it into a clean cask with the juice of the lemons, 6 lb. chopped raisins, and a tea-cupful of yeast, stir it every day for ten days, add $\frac{3}{4}$ oz. of isinglass and 2 quarts of brandy. Stop it close, and in four months bottle it.—*Or:* to 12 gallons of water put 12 lb. loaf sugar, 12 oz. ginger, and the rind of 24 lemons; boil the whole half an hour, scumming all the time; then put it in the cask with the lemon juice, 12 lb. raisins, and the yeast, stir every day for fifteen days, then add 2 oz. isinglass and 1 quart of Champagne brandy.

Mountain Wine.

Pick out the big stalks of Malaga raisins, and to 5 lb. chopped very small, put a gallon of spring water; let them steep a fortnight or more; squeeze out the liquor, and put it in a barrel fit for use (having first cleansed it with brimstone if necessary), but do not stop close until the missing is over.

Primrose Wine.

Boil 18 lb. lump sugar in 6 gallons of water, with the juice of 8 lemons, of 6 Seville oranges, and the whites of 8 eggs; boil half an hour, taking off the seum as it rises: when it is cool put in a crust of toasted bread, soaked in yeast, let it ferment thirty-six hours: put into the cask the peel of 12 lemons, and of 10 Seville oranges, with 6 gallons of primrose pips, then pour in the liquor. Stir every day for a week, then add 3 pints of Champagne brandy; stop the cask close, and in six weeks bottle the wine. Use good corks.

Cowslip Wine.

Boil $3\frac{1}{2}$ lb. lump sugar, in 4 quarts of water an hour, skim and let it stand until lukewarm, pour it into a pan, upon 4 quarts of cowslip flowers; add a piece of toasted bread spread with yeast, and let it stand four days; put in as many lemons, sliced, as you have gallons of wine, mix and put it into a cask, and stop close.

Grape Wine.

To 1 gallon of grapes, well bruised, put 1 gallon of water. Let it stand six days, without being stirred, strain it off fine, and to each gallon put 3 lb. moist sugar; barrel, but do not stop it, till it has done hissing. The better the sugar, the finer will be the flavour of the wine. The grapes must not be over ripe.

Parsnip Wine.

To 1 bushel of sliced parsnips add 60 quarts of water, boil it one hour, then strain it off, add 45 lb. fine white sugar, boil it one hour more, and when cool, ferment with yeast. That done, add a quart of good brandy, then bottle it.—*Or*: to each gallon of water add 4 lb. of parsnips, washed and peeled; boil till tender; drain, but do not bruise them, for no after remedy will make the wine clear: to each gallon of the liquor add 3 lb. loaf sugar and

$\frac{1}{2}$ oz. erude tartar, and when it has cooled to the temperature of 75, put in a little new yeast; let it stand four days, in a tub, in a warm room; then tun it, and bung up when the fermentation has ceased. March and October are the best seasons for making it. It should remain twelve months in cask, before it is bottled.

Almond Wine.

Put a gallon of water on the fire, and when warm add 3 lb. loaf sugar, stir well from the bottom, put in the white of an egg well beaten. When the water boils, stir, skim, and let it boil an hour, put it in a pan to cool, and add $\frac{1}{2}$ a pint of yeast. Tun it next day, let it work ten days, stirring it once a day, then add to every gallon 1 lb. of sun raisins chopped, and rather less than $\frac{1}{4}$ lb. of almonds, more of bitter than sweet. The almonds to be pounded in a little of the liquor. Add a little isinglass. Stop the cask close, and leave it, for twelve months.

Cherry Bounce.

To every 4 quarts of brandy put 4 lb. of red cherries, 2 lb. of black cherries, and 1 quart of raspberries, a few cloves, a stick of cinnamon, and a bit of orange peel; let these stand a month, close stopped, and then bottle it off; put a lump of sugar into each bottle.

Orange Wine.

To 10 gallons of spring water put 30 lb. of lump sugar: mix well, and put it on the fire with the whites of 7 eggs well beaten; do not stir before it boils: when it has boiled half an hour, skim well, put it into a tub, and let it stand till cold. Then put to it a pint of good ale yeast, and the peels of 10 Seville oranges, peeled very thin, let stand two days, stirring night and morning. Then barrel it, adding the juice of 40 Seville oranges, and their peels. When it has done working, stop it close for six months before it is bottled.—*Another*: To 10 gallons of water, put 32 lb. loaf sugar, and the whites of 4 eggs, well beaten, let it boil as long as any scum rises, take that off, pour it through a sieve, and boil again, until quite clear; then pour it into

pans. Peel 100 Seville oranges, very thin ; when the steam is a little gone off the water, put the peel into it, keeping back about a double handful. When the liquor is quite cold, squeeze in the juice ; let it stand two days, stirring occasionally ; then strain it, through a hair sieve, into the cask, with the peel kept in reserve. If the fermentation has ceased, it may be bunged down in a week or ten days. —*Or* : to every gallon of water, allow 5 oranges and 3 lb. Lisbon sugar. Pare them very thin, press the pulp to pieces, but do not break the seeds. Boil the parings two hours, in 1 quart of water to the rind of every 5 oranges. Put into the cask 3 lb. sugar to every gallon of wine that it is to contain, then pour in the orange juice, and the water in which the rinds have been boiled. If the cask be not full, boil the quantity of water required, let it cool, then work in the reduced pulp, and pour into the cask. Add a table-spoonful of good yeast, to every 10 gallons. When all fermentation has ceased, stop it close. It is usually bottled at the end of nine months, but is better for waiting a year. February or the beginning of March is the season.

Sack.

To every quart of water put a sprig of rue, and to every gallon a handful of fennel roots ; boil half an hour, then strain, and to every gallon of the liquor put 3 lb. of honey, boil two hours, and skim well. When cold, pour it into a clean cask ; let it stand a year, then bottle it.

Mead.

To 13 gallons of water put 32 lb. of new honey, boil and scum it well. Then take rosemary, thyme, bay-leaves, sweet brier, one handful altogether ; boil it an hour, put it into a tub or pan, with 2 or 3 good handfuls of down ground malt : stir well till it becomes lukewarm, and strain it through a cloth into another tub ; put in a round of toast, spread with good yeast. When the liquor is quite covered with yeast, pour it into the cask, add $1\frac{1}{2}$ oz. each, of cloves, mace, and nutmeg, and 1 oz. ginger sliced, tied in a bag and hung in the cask. Stop it close for six months, then bottle it. The addition of the herbs and spices is altogether a matter of taste.

Shrub.

To 1 quart of orange juice, when strained, put 2 lb. of loaf sugar, and 9 pints of rum or brandy; also the peels of half the oranges. Let it stand one night, then strain, pour it into a cask, and shake it four or five times a day for four or five days. Let it stand till fine, then bottle it.

Lemon Shrub.

To 1 gallon of rum or whiskey put $1\frac{1}{2}$ pint of strained lemon juice, 4 lb. of lump sugar, the peel of 9 lemons, and 5 bitter almonds. Mix the lemon juice and sugar first, let it stand a week, take off all the scum, then pour it from one jug carefully to another, and bottle it.

Currant Rum.

To every pint of currant juice put 1 lb. lump sugar, and to every 2 quarts of juice, 1 pint of water, set it over the fire, in a preserving pan, let it boil, take off the scum, as it rises, and pour it into a pan to cool, stir it till nearly cold, then put to every 3 pints of liquor, 1 quart of the best rum, and bottle it.

Ratafia.

Infuse 1 oz. each of annise, dill, carraway, coriander, carrot, fennel and angelica seeds, in 2 quarts of good brandy, a fortnight in summer and three weeks in winter: in the sun in summer, and in a chimney corner in winter. Shake it every day, then strain through a jelly bag, and to every pint put 6 oz. of sugar; first dissolving it in a little water. Strain again, that it may be quite fine.—*Another, for Pudding Sauces*: blanch an equal quantity of peach, apricot, and nectarine kernels, slit and put them into a wide mouthed bottle, with 1 oz. white sugar candy; fill it up with French brandy.

Real Drogheda Usquebaugh.

Take 1 oz. annise seeds, $\frac{1}{2}$ oz. sweet fennel, 1 oz. green

liquorice, 1 drachm coriander seeds, of cloves and mace, each 1 drachm, 1 lb. raisins of the sun, and $\frac{1}{2}$ lb. figs. Slice the liquorice, bruise the other ingredients, and infuse all in a gallon of brandy, for eight days. Shake it 2 or 3 times a day; strain it, add 1 oz. of the best saffron, in a bag; let it remain two days, then bottle it.

Milk Punch.

Take 2 quarts of water, 1 quart of milk, $\frac{1}{2}$ pint of lemon juice, 1 quart of brandy, and sugar to your taste; put the milk and water together a little warm, then the sugar, then the lemon juice, stir well, then add the brandy; stir again, and run it through a flannel bag, till very fine; then bottle it. It will keep a fortnight or more.—*Another*: steep the rinds of 6 lemons in a bottle of rum three days; add 1 quart of lemon juice, 3 quarts of cold soft water, 5 quarts of good rum, 3 lb. lump sugar, and 2 nutmegs grated; mix well together, add 2 quarts of boiling milk, let it stand five hours, then strain through a jelly bag, and bottle it.

Excellent Punch.

Put a piece of lemon peel into 3 pints of barley water, let it cool, add the juice of 6 lemons, and $\frac{1}{2}$ pint of the best brandy; sweeten to your taste, and put it in the cool, for four hours. Add a little fine old rum.

Norfolk Punch.

Steep the pulp of 12 lemons and 12 oranges, in 4 gallons of the best rum or brandy, twenty-four hours. Put 12 lb. of double refined sugar into 6 gallons of water, with the whites of 6 eggs, beaten to a froth; boil and scum well; when cold, put it into the vessel with the rum, add 6 quarts of orange juice, and the juice of 12 lemons, also 2 quarts of new milk. Shake the vessel, to mix it: stop close, and let it stand in the cask two months, before you bottle it.

Roman Punch.

To the juice of 12 lemons and 2 oranges, add the peel

of 1 orange cut thin, and 2 lb. pounded loaf sugar, mix it well, pass through a sieve, and mix it, gradually, with the whites of 10 eggs, beaten to a froth. See it a little, then add champagne or rum to your taste.

Regent's Punch.

A bottle of champagne, a $\frac{1}{4}$ pint of brandy, a wine glass of good old rum, and a pint of very strong green tea, with capillaire or any other syrup, to sweeten.

A cool Tankard.

Mix 2 wine-glassfuls of sherry, and 1 of brandy, in a tankard, with a hot toast, and sugar to your taste; pour into this a bottle of clear nice tasted ale, and stir it with a sprig of balm: then let it settle and serve it.

Ginger Beer.

To 14 gallons of water add 14 lb. lump sugar, and 2 oz. ginger, bruised. When this has boiled one hour, add the whites of 8 eggs, well beaten; boil a little longer, and take off the scum as it rises; strain into a tub, and let it stand till cold; put it into a cask with the peel of 14 lemons cut thin, also the juice, a pint of brandy, and half a spoonful of ale-yeast at the top. Stop the cask close for a fortnight: then bottle, and in another fortnight it will be ready. Stone bottles are best.—Or: 1 oz. powdered ginger, $\frac{1}{2}$ oz. cream of tartar, 1 large lemon sliced, 2 lb. lump sugar, to 1 gallon of water, and simmered half an hour: finish as above.

Ginger Imperial.

Boil 2 oz. cream of tartar, the rind and juice of 2 lemons, 4 pieces of ginger bruised, and 1 lb. of sugar, in 6 quarts of water, half an hour. When the liquor is cool, add 2 or 3 spoonfuls of yeast, and let it stand twenty-four hours, then bottle it in $\frac{1}{2}$ pint bottles, and tie down the corks. In three days it will be fit for use.

Spruce Beer.

Mix a pint of good spruce with 12 lb. of treacle, stir into it 3 gallons of water, let it stand half an hour, put in 3 or 4 more gallons of water, and a pint of yeast, stir well, and pour it into a 10 gallon cask, fill that up with water, and let it work, till quite fine; bottle it, and let the bottles lie on their sides three or four days, then stand them up, three or four more days, and it will be ready.

Crème d' Orange.

Slice 16 oranges, pour over them 1 gallon of rectified spirits, and $1\frac{1}{4}$ pint of orange flower water; in ten days, add 7 lb. of clarified syrup, a quart of water, and $\frac{1}{2}$ oz. of tincture of saffron: keep it closed, and in a fortnight, strain the liquor through a jelly bag, let it settle, then pour from the sediment, and bottle it.

Raspberry Brandy or Wine.

Bruise the finest ripe raspberries, with the back of a wooden spoon, and strain them through a flannel bag into a jar, with 1 lb. of fine powdered loaf sugar to every quart of juice; stir well, let it stand three days, taking care to cover close, and to stir it each day: then pour it off clear, and put 1 quart of good brandy, or 2 quarts of sherry to each quart of juice; bottle it, and it will be ready in a fortnight.

Spring Sherbet.

Scrape 8 or 10 sticks of rhubarb and boil them, ten minutes, in a quart of water; strain the liquor through a tammis cloth into a jug, add the peel of 1 lemon, cut very thin, and 2 table-spoonfuls of clarified sugar; let it stand five or six hours, and it will be ready.

FLIP.

Put a quart of ale on the fire, and while it is warming, beat 3 or 4 eggs with 4 oz. moist sugar, a tea-spoonful of grated ginger or nutmeg, and a quart of good old rum or brandy. When the ale is near boiling, pour it into one

pitcher, the eggs and rum into another, and turn it from one pitcher to the other, until it is as smooth as cream.

Egg Wine.

To 1 quart of Lisbon white wine, put 1 quart of water, sweeten to your taste, and add a little nutmeg. Have ready the yolks of 3 eggs well beaten; boil the mixed wine and water, and pour it quickly on the beaten eggs, continue to pour from one bason to another, until it froths high. Serve it in cups.

To Mull Wine.

Boil what quantity you choose, of cinnamon, nutmeg grated, cloves or mace, in a $\frac{1}{4}$ pint of water; put to this a pint of port, and sugar to your taste, let it boil up, and serve, with thin slices of toast.

The Pope's Posset.

Blanch, pound, then boil in a little water, $\frac{1}{2}$ lb. sweet, and a very few bitter almonds, strain, and put the liquid into a quart of heated white wine, with enough sugar to sweeten; beat well, and serve quite hot.

Another Grape Wine.

The fruit should be barely half ripe, pick from the stalks, then bruise it, and press it in hair cloths, add an equal quantity of water, and let it stand from twelve to eighteen hours, stirring occasionally: then dissolve in it from 3 lb. to $3\frac{1}{2}$ lb. of lump sugar to each gallon, according as you wish the wine more or less strong. Put it into a cask, which must be filled to the bung, reserving 2 or 3 quarts to keep the cask filled up (as the bulk will decrease in the course of fermentation), let it ferment for ten days, and when that is over, and no danger of bursting the cask to be apprehended, fasten it down, leaving a small vent to be opened once a week, for a month. The wine may be fined and racked in March, and bottled in the October following, if for a *brisk* wine; if for a *dry* wine, the fermentation must be continued eight days longer, and the wine not bottled before the following March, in cold weather.

CHAPTER XXX.

THE DAIRY.

THIS, of all the departments of country house-keeping, is the one which most quickly betrays neglect; and of all the appendages to a country dwelling, there is nothing which so successfully rivals the flower garden, in exciting the admiration of the beholder, as a nice dairy. From the show-dairy, with its painted glass windows, marble fountains and china bowls, to that of the common farm house, with its red brick floor, deal shelves, and brown milk-pans, the dairy is always an object of interest, and is associated with every idea of real comfort, as well as of imaginary enjoyment, attendant upon a country life. But, it *must* be kept in proper order.

The limits of this work will not permit a minute detail of the business of the dairy; neither does it seem to be required. The management of this important department in a country establishment, from the milking of the cows, to the making of the butter and the cheese, must necessarily be almost wholly intrusted to a dairy maid, who ought to be *experienced* in the various duties of her office, or she cannot be skilful in the performance of them. Those persons who have excelled in dairy work, have generally learnt their business when quite young, as a knowledge of it is not to be hastily acquired. Good dairy maids are always fond of their occupation, for it is not, except in large dairies, a very laborious one, and is not attended with the disagreeables and the vexations which so frequently occur in the occupation of a cook maid. The great art of butter and cheese-making, consists in extreme care and scrupulous cleanliness; and an experienced dairy maid knows, that when her butter has a bad taste, some of the dairy utensils, either the churn, the pail, or the pans, have

been neglected in the scalding, *or*, that the butter itself has not been well made: unless, indeed, as is sometimes the case, the fault lie in the food which is provided for the cows.

Note. The "*Cottage Economy*" contains directions for the keeping and feeding of cows.

Without proceeding through the whole routine of dairy work, it may be useful to mention, for the information of inexperienced housekeepers, that every utensil, after being used, should be carefully scalded, and the milk-pans boiled, at least twice a week, in the copper; they should then be rinsed with cold water, and put in the air to become thoroughly dry before they are used. The pail should be scalded and dried after milking, before it is used again, for if the smallest particle of its former contents be left in it, it will inevitably produce injurious effects. The proper vessels for setting the milk for creaming, are brown earthen pans. Wooden vats are preferred by some persons, but these are not so easily cleaned as earthen pans. Vats lined with lead or copper, as well as cast-iron pans, should be avoided; for lead and copper are soluble in acids, and iron will sometimes give the milk and cream a disagreeable taste.

The utmost care and diligence, on the part of the dairy-maid, may, however, prove ineffectual, if the dairy itself be not convenient, and provided with the proper utensils. The principal requisites of a dairy room are, coolness in summer, and a temperature warmer than the external air, in very cold weather. The building should, therefore, be so constructed, as to exclude the sun in summer, and the cold in winter. The windows should never front the South, South East, or South West. They should be latticed, or, which is more preferable, wired, to admit a free circulation of air, with glazed frames, to be shut and opened, at pleasure. The room should be lofty; and the walls ought to be thick, as nothing more effectually preserves an even temperature, or excludes extremes of cold and heat. It should be neatly paved with brick or stone, and laid with a proper descent, so that all water may be easily drained off. The floor should be washed every day in summer, and three or four times a week in the winter.

The utensils should not be scalded in the dairy, as the

steam from hot water is injurious to the milk. Neither rennet, cheese, nor cheese-press, should be kept in it, as they diffuse an acidity. The dairy is sometimes used as a larder; but this is an objectionable practice. A dairy cannot be too scrupulously devoted to its own proper purposes.

In America, the dairy, or, as it is there called, the "milk house", is often erected over a running brook. This is very nice, if only in idea; but would not, perhaps, be desirable in England, on account of the dampness of the climate.

The cows should be milked twice a day, and as nearly at the same hour as possible; and they should be milked *quite clean*: this is a matter of great consequence, (though it is not always regarded as such), not only as being conducive to the health of the animals, but if neglected, very much diminishes the value of their produce; for the milk which is milked last, is much richer than that which is first milked.

Some persons when they strain the milk into pans, for creaming, pour into each one, a little boiling hot water (in the proportion of 1 quart of water to 3 pails of milk); this was never done in our dairy in Hampshire, but I believe the effect is, to destroy the taste of turnip. It is very good, for this purpose, to keep a piece of saltpetre in the cream pot. This latter should have a stick in it, and be well stirred up twice a day, or, every time the dairy maid goes into the dairy. The cream should not be kept longer than four days, before it is made into butter. If twice a week be too often to churn, it ought not to be less frequent than three times in a fortnight. In private families the milk is generally skimmed only once, and this leaves the milk very good; but where butter is made for sale, and quantity, rather than quality, is the object, a second skimming is generally resorted to. Some dairy maids object to the second skimming, on account of the bitter taste, which they say the cream so skimmed is sure to give the butter.

To Make Butter.

In summer the churn should be filled with cold spring water, and in winter scalded with hot water, preparatory

to churning: then pour the cream in, through a straining cloth. In warm weather the churning should be performed in a cool place; and, in a general way, the butter will come in an hour, but it often does come in half the time, though it is not the better for coming so quickly. In very cold weather the churning must be done in a warm place; indeed it is sometimes necessary to bring the churn near the fire, but this should never be allowed but in extreme cold weather, when the butter will sometimes be five or six hours in coming: when this is the case, it is almost always of a white colour and a poor taste. The butter being come, pour off the buttermilk, leaving the butter in the churn, pour in a pail-ful of cold water, wash the butter about, pour off the water, and pour in a fresh pail-ful; let the butter stand in this, ten minutes. Scald a milk pan and stand it, half an hour or more, in cold water, lift the butter out of the churn into it; pour fresh water over, and wash the butter about well; drain the water off as dry as possible, and then proceed to work the buttermilk out of the butter. Some persons do this with the hands, (which should first be dipped in hot water), others with a straining cloth: if the latter, scald and wring it dry: then work the butter, by squeezing it, by degrees, from one side of the pan to the other, pour cold water over to rinse, and pour that off; then work the butter back again, and rinse again; repeat this, till the rinsing water is no longer coloured with milk, and then you may be sure that the buttermilk is all worked out, for if there be any of it left, the butter will have streaks of white, when cut, and will not be sweet. Having worked out the milk, the next thing is, to put in the salt. The quantity must depend, in some measure, on taste; some persons like their butter very much salted, while others think that the flavour of salt should not be distinguishable in fresh butter. Roll it quite fine, and you may allow $\frac{1}{2}$ lb. to 5 lb. butter; press the butter out thin, sprinkle over it some salt, fold up the butter, press it out again, strew over more salt, fold it up again, and so on, till all the salt is in, work the butter about well, to mix the salt with it, and pour off whatever liquid there may be in the pan. Take the butter out, a piece at a time (if the quantity be great), on a square wooden trencher (previously scalded and dipped into cold

water), and, either with the hand, a fresh cloth, or a flat thin piece of wood (made for that purpose), beat the butter out thin, fold it up, beat it out again, and repeat this several times, till the water is all beaten out. By the time it has arrived at this latter stage, it ought to be quite firm, except in extreme hot weather, when no pains are sufficient to make it so. When the water is all out, make up the butter, in what form and size you choose; place it on a board or a marble slab, in a cool place, but not before a window, as too much air will not benefit it: spread over it a cheese cloth, first scalded, then dipped in cold water, and it will harden, in a few hours.

Buttermilk makes nice puddings, and is a wholesome drink, for young persons, particularly in cases of consumption. The fresher the cream, the sweeter will be the buttermilk.

Different parts of England vary so much, in the butter they produce, that what is considered very good in one county, would be regarded as inferior in another one. This is caused by difference in the pasturage, and not by variation in the mode of preparing the cream, or making the butter; except, indeed, in some parts of the west of England. In Devonshire, the cream is always, I believe, prepared according to the following directions, which were written for me, by a Devonshire lady.

To make Butter without a churn.

Spread a linen cloth in a large bason, pour in the cream, tie it up like a pudding, fold another cloth over it, and bury it in a hole dug two feet deep in light earth, put all the earth lightly in, lay a turf on the top, and leave it twenty-four hours: take it up, and it will be found in the state that butter is when it is just come. The buttermilk is lost, but this method answers very well in hot weather. We tried it in America.

Clouted Cream.

Strain the milk, from the cow, into glazed earthenware vessels, and let it stand twelve hours in summer, and twenty-four, or thirty-six, in winter, before you scald it.

Then place the vessels over a very small fire or hearth, for half or three quarters of an hour, until the surface begins to swell, and the shape of the bottom of the pan appears on it (but if made hot enough to simmer, it will be spoiled); then set it to cool, and in twelve hours' time in summer, and eighteen or twenty-four in winter, the cream may be taken off with a skimmer which has holes.

Butter from Clouted Cream.

Scald well a large wooden bowl, then rinse it with cold water, but do not wipe it dry. Put in the cream, work it well with the hand (in one direction only), until the milk comes from it, which should be drained off, and will serve for making cakes and puddings; when the milk is all beaten out, wash the butter with cold water to cleanse it from the milk, then salt it, thus: spread it out on the bottom of the bowl, sprinkle salt over, roll it up, wash it again with cold water, beat out again, then shape and print it, as you please. The hands should be well washed in hot water, before you begin to work the butter. In winter and in weather of a moderate temperature the butter is speedily made, but in very hot weather it will take nearly or quite an hour of stirring round, and working with the hand, before it will come into butter.

To Pot Butter for Winter use.

In the summer, when there is plenty of butter, care should be taken to preserve enough for winter use. But observe, that none but good butter, well made, and quite free from buttermilk, will pot well. Have potting pans, to hold from 6 to 10 lb. of butter. Put a thick layer of butter in the pan, press it down hard, then a layer of salt, press that down, then more butter, and so on: allowing 1 oz. of salt to every lb. of butter. If too salt, it can be freshened by being washed in cold water, before it is sent to table. Always keep the top well covered, with salt, and as that turns to brine, more salt may be required. Tie paper over, and keep the pan in the dairy, or cellar. Some persons use one quarter part of lump sugar, and the same of saltpetre, to two parts of common salt. The richer

and finer flavoured the butter is, the better it will answer to pot.

To make Cheese.

The milk should be just luke warm, whether skimmed, or not. To a pail-ful put 2 table-spoonfuls of rennet, cover the milk, and let it stand, to turn: strike down the eurd with the skimming dish, or break it with the hand, pour off the whey, put the eurd into a cheese-eloth, and let two persons hold the four eorners, and move it about, from side to side, to extraet the whey: lay it into the vat, fold the eloth smoothly over the cheese, cover it with the lid of the vat, and put a weight of 10 or 12 lb. on the top. Let it stand twelve hours; then take it earefully out, put it on a wooden trencher, or a clean hanging shelf, and sprinkle salt thieklly over the top. The next day, wipe it dry all over, turn it, the other side upwards, sprinkle salt on the top, and repeat this every day, for a week: after that, turn it every day, and oeeasionally wipe it.—*Another*: to 6 quarts new milk, add 2 quarts luke warm water, and sufficient rennet to turn it: when the curd is settled put it into a small vat, about a foot square, and $1\frac{1}{2}$ inch deep, with holes at the bottom; plaee a lid on it, and put on that a lb. weight, for a day.—*Another*: put 5 quarts of the last of the milking into a pan, with 2 table-spoonfuls of rennet; when the eurd is come strike it down with the skimming dish, 2 or 3 times, to break it: let it stand two hours. Spread a cheese-eloth on a sieve, put the curd on it, and let the whey drain; break the eurd with the hand, put it into a vat, and a 2lb. weight on the top. When it has stood twelve hours, take it out and bind a eloth round it. Turn it every day, from one board to another. Cover the cheese with nettle leaves, and put it between 2 pewter plates, to ripen. It will be ready in three weeks.

CHAPTER XXXI.

Cookery for the Sick.

WHEN the Doctor's skill has saved the life of his patient, it remains for the diligent nurse to prepare the cooling drinks, and the restorative foods, which, when judiciously administered, will sometimes act almost miraculously, in recruiting the health of an invalid. Many a constitution has been impaired by a severe illness, from the want of proper care on the part of the nurse, after the Doctor had succeeded in exterminating the disease. The taste and the appetite of sick persons are often so capricious, that they will reject the very thing which they had just before chosen: and frequently, if consulted upon the subject, they will object to something which, if it had appeared unexpectedly before them, they would, perhaps, have cheerfully partaken of. Every thing which is prepared for a sick person, should be delicately clean, served up quickly, and in the nicest order; and in a small quantity at a time.

See, in the Index, Mutton and Chicken broths.

Mutton Chops to Stew.

Chops for an invalid may be stewed till tender in cold water enough to cover them, and over a *slow fire*; scum carefully, and put in 1 onion, and if approved, 2 or 3 turnips. The broth will be very delicate.

A Nourishing Broth.

Put 1 lb. lean beef, 1 lb. scrag of veal, and 1 lb. scrag of mutton, into a sauce-pan with just water enough to cover, and a little salt, let it boil to throw up the scum, take that off, pour off the water, and take off all the scum which

may hang about the meat: pour in $2\frac{1}{2}$ quarts of warm (not hot) water, let it boil, then simmer gently till the water is very much reduced, and the meat in rags. A faggot of herbs may be added, and a few peppercorns; also an onion, if desired. Set the broth by to become cold, then remove the fat. If to be served at once, the fat may be taken off by laying a piece of blotting paper over the top.—*Tapioca* is very nice boiled in broths for invalids.—*Another*: put a knuckle of veal, with very little meat, and 2 or 3 shanks of mutton, into an earthen jar or pan, with 3 blades of mace, 8 peppercorns, an onion, a large thick slice of bread, 3 quarts of water, and some salt: tie a paper over, and bake it, four hours: then strain, and take off the fat.

Calf's-Feet Broth.

Boil 3 feet in 4 quarts of water, with a little salt: it should boil up first, then simmer, till the liquor is wasted one half: strain, and put it by. This may be warmed (the fat taken off), a tea-cupful at a time, with either white or port wine, and is very nourishing for an invalid.—*Or*: the feet may be boiled with 2 oz. lean veal, the same of beef, half a penny roll, a blade or two of mace, a little salt and nutmeg, in about 4 quarts of water: when well boiled, strain it, and take off the fat.

Eel Broth.

This is very strengthening. $\frac{1}{2}$ lb. small eels will make 1 pint of broth. Clean, and put them into a sauce-pan with 3 pints of water, some parsley, a slice of onion, a few peppercorns, and some salt: let it simmer till the broth tastes well, then strain it.

Beef Tea.

Notch $1\frac{1}{2}$ lb. of beef (the veiny piece is best), put it into a sauce-pan with a quart of water, let it boil, take off the scum, and pour off the water; scrape off whatever scum may have adhered to the meat, then pour a quart of luke warm water over it, let it first boil, then continue to simmer, half or three quarters of an hour. Beef tea

should be free from fat and scum, and not allowed to burn, which renders it very disagreeable to the taste.

Beef Jelly.

Let a shin of beef lie in water an hour, take it out, and drain it; cut it in small pieces, break the bones, and put all in a stew-pan or jar, with 6 quarts of milk. Put it in the oven, and let it stew till reduced to 3 quarts; skim off all the fat, take out the bones, strain through a jelly bag, and add 1 oz. hartshorn shavings and a stick of cinnamon. Boil again gently over a slow fire, but be careful, or it will burn. Take every morning fasting, and at noon, a tea-cupful, warmed with a glass of wine.

Shank Jelly, (very strengthening.)

Soak 12 shanks of mutton, then brush and scour them very clean. Lay them in a sauce-pan with 3 blades of mace, an onion, 20 jamaica and 40 black peppers, a bunch of sweet herbs, a crust of bread, made very brown, by toasting, and 3 quarts of water; set the sauce-pan over a slow fire or hearth, keep it covered, let it simmer, as gently as possible, five hours. Strain off, and let it stand in a cold place. You may add to the shanks 1lb. of lean beef.

For a Weak Stomach.

Cut 2 lb. of lean veal into thin slices, and some turnips the same. Put a layer of veal, and a layer of turnips into a stone jar, cover close and set it in a kettle of water. Boil two hours, then strain it. You may not have more than a tea-cupful of the liquor, which is to be taken, a spoonful at a time, as often as agreeable. This has been known to stay on a weak stomach, when nothing else would.—*Another*: put a cow heel into a covered earthen jar or pan, with 3 pints of milk, 3 pints of water, 1 oz. hartshorn shavings, and a little fine sugar. Let it stand six hours in a moderate oven, then strain it off.—*Another*: bake a neat's foot, in 2 quarts of water and 2 quarts of new milk, with $\frac{1}{2}$ lb. sun raisins, stoned. When the foot

is all to pieces, strain, set it by to get cold, and take off the fat. Take a tea-cupful now and then, dissolved in warm milk, or wine.

Bread Jelly, for a Sick Person.

Pare all the crust off a penny roll, and cut the crumb into slices, toast these on both sides, of a light brown. Have ready a quart of water, boiled, and become cold, put the slices of bread into it, and boil gently until the liquor becomes a jelly, which you will ascertain, by putting some in a spoon, to cool. Then strain through a thin cloth, and put it by for use. When to be taken, warm a tea-cupful, add a little sugar, a little grated lemon peel, and wine or milk as you choose; if for children, the latter is preferable. This jelly is of so strengthening a nature that one spoonful contains more nourishment than a tea-cupful of any other jelly.—*Another*: grate some crumbs very fine; put a large tea-cupful of water into a sauce-pan, with a glass of white wine, sugar to your taste, and a little nutmeg, make this boil, then stir in the crumbs, by degrees, boil very fast, stirring all the time, till it is as thick as you like; serve it directly.

Jelly for a Sick Person.

Boil 1 oz. of isinglass, in a quart of water, with 40 jamaica peppers, and a bit of crust of bread; let the water reduce one half. A large spoonful of this may be taken in wine and water, milk, or tea.—*Another*: boil $\frac{1}{4}$ oz. of isinglass shavings in a pint of new milk, till reduced to half the quantity; sweeten to taste, and take it luke warm.

Panada.

Boil a chicken, till 3 parts cooked, in a quart of water, let it get cold, take off the skin, cut the white meat into pieces, and pound it in a marble mortar, with a little of the water it was boiled in, and a little salt and nutmeg. Boil this in a little more of the liquor, till it is of the consistency required.

Gloucester Jelly.

Take 2 oz. hartshorn shavings, 2 oz. pearl barley, 1 oz. sago, $\frac{1}{2}$ oz. candied eringo root, and 3 pints of water; boil, till reduced to a quart. A tea-cupful warmed, morning and evening, in wine, milk, broth, or water, as the patient may desire.

Port Wine Jelly.

Take 1 pint of port wine, 1 oz. isinglass, 1 oz. sugar candy, $\frac{1}{4}$ oz. gum arabic, and $\frac{1}{2}$ a nutmeg grated: boil five minutes, and strain it through a piece of muslin. Some add lemon peel, lemon juice, cloves and nutmeg. If for table, it may be coloured with cochineal.

Arrow-root Jelly.

If genuine, this is very nourishing. Put $\frac{1}{2}$ pint of water into a sauce-pan, with a glass of sherry, or a table-spoonful of brandy, some sugar and grated nutmeg; let it come quickly to a boil. Rub smooth a dessert-spoonful of arrow root, in 2 table-spoonfuls of cold water, stir this by degrees into the wine and water; put it all into the same sauce-pan, and boil it three minutes.—*Or*: pour *boiling*, (not merely hot) water over the arrow-root, and keep stirring, it will soon thicken. Add brandy, lump sugar, and if approved, lemon juice.

Tapioca Jelly.

Wash well, and let it soak five or six hours, changing the water two or three times; simmer it in the last water, with a piece of lemon peel, until quite clear; then put in lemon juice, wine, and sugar to your taste.

Sago to Boil.

Put a large table-spoonful into $\frac{3}{4}$ of a pint of water. Stir it, and boil very gently, till it is as thick as you require. Then add wine, sugar, and grated nutmeg, to your taste.

—*Tapioca*, in the same way. Both these ought to be soaked for two or three hours before they are boiled. They may be boiled in milk like rice.

Gruel.

Put 2 table-spoonfuls of the best grits into $\frac{1}{2}$ pint cold water; let it boil gently, and stir often, till it is as thick as you require. When done, strain and serve it directly; or, if to be put by, stir till quite cold. Boil in it a piece of ginger, and, if for caudle, lemon peel also.

Barley Gruel.

Wash 5 oz. of pearl barley, boil it in 2 quarts of water with a stick of cinnamon, till reduced one half; strain, then put it into the sauce-pan again, with $\frac{3}{4}$ pint of port wine, and boil it up.

Water Gruel.

Put a large spoonful of oatmeal into a pint of water, mix it well, and let it boil up, three or four times, stirring constantly. Then strain, salt it to your taste, and put in a piece of butter. Stir it till the butter is melted, and the gruel will be fine and smooth.

Caudle.

Make some smooth gruel, boil well; strain, and stir it. Some like half brandy and half white wine; others, merely wine, sugar, lemon-peel, and nutmeg.—*Another*: add to $\frac{1}{2}$ pint gruel, a large table-spoonful of brandy, the same of white wine, capillaire, a little nutmeg and lemon peel. Some make caudle of ale, in place of wine, or brandy.

Rice Caudle.

Soak 2 table-spoonfuls of rice in water, for an hour, then simmer it gently in $1\frac{1}{4}$ pint of milk, till it will pulp through a sieve; put the pulp and the milk back into the sauce-pan with a bruised clove and a bit of sugar.

Simmer ten minutes, and if too thick add a little warm milk.—*Another*: rub smooth some ground rice with a little cold water, then mix with boiling water, simmer it a few minutes, and add grated lemon peel, nutmeg, pounded cinnamon and sugar; add a little brandy, and let all boil for a minute.

Rice Milk.

Wash, pick, then soak the rice in water, boil it in milk, with a bit of lemon peel and cinnamon; stir often, or it may burn.—*Ground rice milk*: rub a table-spoonful quite smooth, with a little cold water; stir into it, by degrees, $1\frac{1}{2}$ pint of milk, with a bit of cinnamon, lemon peel and nutmeg; boil till thick enough, and sweeten to your taste.

A Mutton Custard, for a Cough.

Into a pint of good skim milk, shred 2 oz. of fresh mutton suet, and let it come to a boil; then simmer gently, for an hour, stirring it from time to time. Strain, and take it at bed time. This is an old fashioned remedy, but very good for tightness of the chest.

Another remedy for the same.

Beat the yolk of a fresh egg, and mix it with a dessert-spoonful of honey, and the same of oatmeal; beat these well together, put the mixture into a tumbler, and stir in by degrees, boiling water sufficient to fill it.—*Another*: mix a fresh laid egg, well beaten, with $\frac{1}{4}$ pint of new milk warmed, add a table-spoonful of capillaire, the same of rose water, and a little grated nutmeg. Do not warm the milk after the egg is added to it.

Artificial Asses Milk.

To $\frac{1}{2}$ oz. of candied eringo root, add $\frac{1}{2}$ oz. hartshorn shavings, and $\frac{1}{2}$ oz. pearl barley; boil them in a pint of water over a slow fire till the water is reduced one half. Mix a tea-eupful, with the same quantity of milk warmed, and take it half an hour before rising.

Onion Porridge.

Cut up 12 small, and 6 large onions, put them into a sauce-pan with a large piece of butter, shake over the fire, but do not let them burn: when half cooked, pour in a pint of boiling water, and let it simmer till the onions are cooked enough. Some thicken with flour.

French Milk Porridge.

Stir some oatmeal and water together, and let it stand to settle; pour off the liquid, add fresh water to the oatmeal, and let it stand: the next day pass it through a sieve, boil the water, and while boiling, stir in some milk, in the proportion of 3 parts to 1 of water.

White Wine Whey.

Let $\frac{1}{2}$ pint new milk come to a boil, pour in as much raisin, or other white wine as will turn it; let it boil up, and set the sauce-pan aside till the curd forms: then pour the whey off, or strain it, if required. Some add $\frac{1}{2}$ pint of boiling water, and a bit of sugar.

Rennet Whey.

Steep a piece of rennet, about an inch square, in a wine glass, or small tea-cupful of water, that has boiled and become a *little* cool. Then warm a quart of new milk till it becomes of the same temperature as when taken from the cow, and when in this state, add a table-spoonful of the rennet. Let it stand before the fire until it thickens, then place it in a vessel of boiling water, on the fire, to separate the curds from the milk.

Vinegar or Lemon Whey.

Pour into boiling milk as much vinegar or lemon juice as will make a small quantity quite clear, dilute with warm water till it be of an agreeable acid; sweeten it to your taste.

Mustard Whey.

Strew into a pint of milk just coming to a boil, enough flour of mustard to turn it; let it stand a few minutes, then strain it.

Treacle Posset.

Into a pint of boiling milk pour 2 table-spoonfuls of treacle, stir briskly till it curdles, then strain it.

Orgeat.

Beat 2 oz. of sweet, and 2 or 3 bitter almonds, with a tea-spoonful of orange-flower water, to a paste: mix them with a quart of milk and water, and sweeten with sugar or capillaire. Some add a little brandy.

Lemonade.

Pare 6 lemons very thin, and put the rinds into 3 pints of boiling water, and keep covered till cold. Boil 1 lb. of lump sugar in water to make a thin syrup, with the white of an egg to clear it. Squeeze 8 lemons in a separate bason, then mix all together, add a quart of boiling milk, and pass it through a jelly bag till quite clear. Keep it till the following day.—*Another*: pour boiling water on a little of the peel, and cover close. Boil water and sugar together to a thin syrup, skim and let it cool; then mix the juice, the syrup and the water, in which the peel has been infused, all together, and strain it through a jelly bag. Some add capillaire.

Barley Water.

Wash 1 oz. of pearl barley, boil it in very little water, pour the latter off, then pour a quart of fresh water over, and let it boil till reduced to half the quantity. Some boil lemon peel in it; others add lemon juice or cream of tartar, and sugar; others boil with the barley 1 oz. raisins stoned, and $\frac{1}{4}$ oz. sliced liquorice root. Some prefer whole barley to make this beverage.

Capillaire.

Take 14 lb. of loaf sugar, 3 lb. coarse sugar, and 6 eggs, well beaten. Put these into 3 quarts of water; boil it up twice, skim well, and add a $\frac{1}{4}$ pint of orange flower water. Strain through a jelly bag, and bottle it. A spoonful or two of this syrup put into a tumbler of either warm or cold water, is a pleasant drink.—*Another*: to 1 gallon of raspberries add 2 quarts of the best vinegar, let it stand in a glazed pan nine days; then strain and bottle it.

Linseed Tea.

Boil 1 quart of water, and as it boils put in a table-spoonful of linseed; add 2 onions, boil a few minutes, then strain it, put in the juice of a lemon, and sugar to your taste. If it get thick by standing, add a little boiling water.

Lemon and Orange Water.

This may be made by pouring boiling water on the preserved fruit; or, by squeezing out the juice, and boiling it up in a little thin syrup.

Apple Water.

Put slices of apple into a covered jug, and pour boiling water over.

Toast and Water.

Toast a piece of bread without burning, till quite brown, put it into a covered jug, and pour boiling water on it; before the water is quite cold strain it off.

A Drink for Sick Persons.

Boil 1 oz. of pearl barley in 2 pints of water, with 1 oz. sweet almonds beaten fine, and a bit of lemon peel; when it has boiled to a smooth liquor, add syrup of lemons and capillaire.

Another, to take in a Fever.

Wash, then dry, a little sage, balm, and a *very* little wood-sorrel, put them into a stone jar, with a small lemon sliced, a bit of the peel, and some sugar; pour 3 pints of boiling water over, and cover close.—*Another*: Boil $1\frac{1}{2}$ oz. of tamarinds, 3 oz. currants, and 2 oz. stoned raisins, in 3 pints of water, till a full quarter part be consumed; strain and then put into it a piece of lemon, for a short time.

Tamarinds, currants, and cranberries, or their jelly, make very agreeable drinks, sweetened or not, according to taste.

Saline Draughts.

Pour $\frac{1}{2}$ pint of spring water on 2 drachms of salt of wormwood, and 4 table-spoonfuls lemon juice; 2 or 3 table-spoonfuls of lump sugar may be added, if approved of.—*Another way*: pour 4 table-spoonfuls of lemon juice on 80 grains of salt of wormwood, add a small piece of sugar, finely pounded. When the salt is killed, add 4 table-spoonfuls of plain mint water, and the same of spring water; strain, and divide it into 4 draughts, 1 to be taken every six hours. If the patient be bilious, add 10 grains of rhubarb, and 4 of jallup, to the morning and evening draught.—*Another*: pour into one glass a table-spoonful of lemon juice, and dissolve in it a lump of sugar; dissolve $\frac{1}{2}$ a tea-spoonful of carbonate of soda in 2 table-spoonfuls of water, in another glass: pour the two together, and drink in a state of effervescence. If for delicate persons, a wine-glassful of sherry takes away the debilitating effect.

Coffee,

To be good must be made of a good kind, for poor, cheap coffee, though made ever so strong, will not be of a fine flavour. A breakfast-cup, quite full, before it is ground, will make a quart of good coffee. When the water boils in the coffee pot, pour in the coffee, stand it over the fire; the coffee will rise to the top, in boiling,

and will then fall ; let it boil slowly three minutes longer, pour out a cupful, pour it back, then another, and let it stand five minutes close by the side of the fire. A small piece of dried sole skin may be put in with the coffee, to fine it, or 2 lumps of sugar.—Coffee requires cream, or boiled milk.

Chocolate.

Some prefer milk alone, others milk, and half its quantity in water ; let it boil, (be careful it do not burn), and put in the chocolate, very finely scraped, little or much according to the strength you desire ; mill it quickly, and let it boil up, then mill it again.—For sick persons, use thin gruel, in place of milk.

Tea.

For invalids who ought not to take tea for breakfast, its flavour may be given, by boiling a dessert-spoonful of green tea in a pint of milk : after it has boiled about five minutes, strain it. This renders it comparatively harmless.

Barley Sugar.

Beat the whites of 2 eggs, put them in an earthen pipkin with a pint of water, and 2 lb. of clarified lump sugar, well flavoured with the essence or oil of lemons : boil quickly skimming all the time, till stiff enough. Pour it into a shallow brown dish, and form it as you please.

Everton Toffy.

To $\frac{1}{2}$ lb. treacle, put $\frac{1}{2}$ lb. sugar, and 2 oz. butter, boil them together until they become hard when dropped in cold water. Then take the pan off the fire, and pour the toffy immediately into a tin dish.

CHAPTER XXXII.

MEDICAL RECIPES.

IN every family consisting of several persons, of various ages, little illnesses are likely to occur, which may require medicine, though not, perhaps, the aid of a Doctor; it is, therefore, convenient to keep a small supply of common medicines, in the house, especially in the country. The list I give was written by a medical gentleman: but while I am induced to insert it in this work, from a belief that it may, in some cases, be found of use, I cannot refrain from observing that it is far from my desire to lead any young house-keeper to adopt the fatal error that *Doctors* may be dispensed with, when any thing approaching towards serious illness betrays itself. Too many instances have occurred wherein life has been lost, for the want of timely medical skill, which might, perhaps, have arrested the progress of disease at its feeble commencement, and before it had acquired sufficient strength to baffle opposition.

The following recipes have all been tried by the persons who gave them to me; many of them may be old fashioned, but some I can assert to be very good. That for the *croup* has been resorted to, several times in our own family, and always with success. The complaint is a very violent one, its attacks are sudden, and the progress of the disease so rapid that there ought not to be an instant of delay in administering the remedies. The *croup* is of very common occurrence in America, and the following recipe was brought from that country.

For the Croup.

The most healthy children are the most liable to this

complaint, which is caused by sudden changings in the atmosphere, draughts of cold air, and checking of the perspiration. It betrays itself by a hoarse croaking cough, something like the whooping cough. Prepare a warm bath, place it opposite the fire, and keep the child in it for several minutes, taking care to cover it all over with flannel, or a blanket; in the mean time chop an onion or two, squeeze the juice through a piece of muslin, mix it in the proportion of 1 tea-spoonful with 2 table-spoonfuls of treacle; get the child to swallow as much of this, from time to time, as you can: when it has been in the bath ten or twelve minutes, take it out in a blanket, and as quickly as you can, rub the stomach and chest with a mixture of rum and oil, or goose grease, wrap the child up in the flannel and put it into bed, or keep it in the lap, by the fire: if the child goes to sleep, it will be almost sure to awake free from the disorder. These remedies may not succeed if there be delay in applying them.

For Weakness of Stomach.

1 drachm of prepared columba root, and $\frac{1}{2}$ drachm of rhubarb root, infused in $\frac{1}{2}$ pint of boiling water, one day: add 1 oz. tincture of columba, and a little sugar. Take 2 table-spoonfuls, twice a day.—*Another*: put about 25 camomile flowers into $\frac{1}{2}$ pint of boiling water, with 2 or 3 cloves, and 2 hops, cover close and let it stand all night: take a tea-cupful the first thing in the morning, and again an hour before dinner. If giddiness ensues, the camomile does not agree with the patient, and must not be continued. Where it agrees, this will be found efficacious in restoring the appetite.

For lowness of Spirits.

Take 30 grains of salt of hartshorn, 2 drachms of cordial of confection, and sugar to sweeten, put them into 1 oz. of nutmeg water, or 6 oz. peppermint water. Pour it into a $\frac{1}{2}$ pint phial, shake well, and take 2 or 3 table-spoonfuls, at bed time, or occasionally, as required.

Camphor Julep.

Rub $\frac{1}{4}$ oz. of camphor in a mortar, with a few drops of spirits of wine, and a few lumps of sugar; add, by degrees, a quart of water, which has been boiled, and become cold. Let it stand twenty-four hours, then strain through muslin, and bottle it for use.

For Bilious complaints and Indigestion.

Of rhubarb and ginger, each, 20 grains, and a handful of camomile flowers; pour over them a pint of boiling water. Take a wine glassful the first thing in the morning, and an hour before dinner.

A Mild Aperient. (To take in the spring).

Put 1 oz. of senna into a stew-pan, or jar, and pour 1 quart of boiling water over it; then fill up the vessel, with prunes and figs. Cover with paper, and set it in the oven, with household bread. Take every morning, one or two prunes, and a wine-glass of the liquor.—*Another*: Dissolve 3 oz. of Spanish liquorice in 1 pint of boiling water, add 1 oz. of socotrine aloes in powder, and 1 pint of brandy. Take 1 tea-spoonful in a wine-glassful of water, either in the morning, at night, or both.—*Another*: A large tea-spoonful of magnesia, a lump of sugar, a dessert-spoonful of lemon juice, in $\frac{1}{2}$ pint of spring water. If subject to spasms, add a tea-spoonful of red lavender.

For an Ague.

Take, just before the cold fit, a glass of sherry with as much virginia snake root as will lie on a shilling, and repeat two or three times, till the ague is gone.

Gout Cordial.

Rhubarb 1 oz., senna, coriander seeds, sweet fennel seeds, cochineal, saffron, and liquorice root, of each, a $\frac{1}{4}$ oz., and of jar raisins 4 oz. Let the raisins be stoned, and all

the ingredients be bruised. Put them into a quart of French brandy. Shake well every day for a fortnight. The dose, 1 table-spoonful, alone, or with peppermint, or plain water.

Hallett's Gout and Bilious Cordial.

Infuse in a gallon of distilled aniseed water, 3 oz. Turkey rhubarb, 4 oz. senna leaves, 4 oz. guaicum shavings, 3 oz. elecampane root, 1 oz. liquorice root, 1 oz. fennel seed, 14 oz. saffron, 14 oz. cochineal, 1 lb. sun raisins, 1 oz. aniseed: shake it every day for a fortnight, then strain and bottle it.—A table-spoonful (or two) an hour after dinner.

Essence for the Head Ache.

Spirits of wine, 4 oz., camphor, 2 oz., and volatile spirits of camphor, 2 oz. Mix well, and apply with the hand. A little æther may be added.

Nervous Tincture.

Dissolve $\frac{1}{2}$ drachm of camphor, in 12 drachms of dulcified spirits of nitre, add 6 drachms each, of single and of foetid tincture of valerian, and 3 drachms each, of tincture of saffron and compound lavender. Take 60 drops in a glass of spring water at noon, and at night.

Mustard Whey, for Dropsy and for Rheumatism.

Boil $1\frac{1}{2}$ oz. bruised mustard seed, in a quart of milk and water, till the curd which forms is separated. Strain it and take a tea-cupful three times a day. This is sometimes given in nervous fevers.—*Another, for Rheumatism.* A handful of scraped horse-radish, and a table-spoonful of whole mustard seed, infused in a bottle of Madeira; the longer the better. A wine glass to be taken in bed at night, and another before the patient rises.

An Embrocation for Rheumatism.

Dissolve 1 oz. of gum camphor in 6 oz. of best rectified

spirits of wine; add by degrees, shaking the phial frequently, 2 oz. spirits of sal ammoniac and 2 drachms oil of lavender. This has been used with great success.—

Another: which has been known to mitigate the tic-douloureux, is the *caja peeta oil*, but it *must* be genuine. It is also good for strains, bruises, and chilblains.—Some recommend a mixture of 6 drachms french soap, 6 drachms æther, and 1 oz. spirits of wine.

An Embrocation for a sore Throat.

Dissolve 4 oz. camphor in a pint of rectified spirits of wine. Dip a piece of new welsh flannel into this, and apply it to the throat. Be careful to wet frequently.

A remedy for a common Cold.

3 grains compound extract of colycinth, and 3 grains of soap, made into 2 pills, and taken at going to bed. The following night, take 16 or 18 grains of compound powder of contrayerva, and $\frac{1}{2}$ a pint-vinegar whey.—Breakfast in bed, the next morning.

Syrup for a Cough.

Boil 1 oz. balsam of tolu, very gently, two hours, in a quart of spring water; add 1 lb. white sugar candy, finely beaten, and let it boil half an hour longer. Strain through a flannel bag twice, and, when cold, bottle it. You may add 2 oz. syrup of red poppies, and the same of raspberry vinegar. A spoonful to be taken when the cough is troublesome.—*Another*: 2 oz. honey, 4 table-spoonfuls of vinegar, 2 oz. syrup of white poppies, and 2 oz. gum arabic: boil gently together till it becomes the consistency of treacle; take a tea-spoonful when the cough is troublesome.—*Another*: 1 table-spoonful of treacle, 1 of honey, 1 of vinegar, 15 drops of laudanum, and 15 drops of peppermint. Simmer together a quarter of an hour. One dessert-spoonful to be taken at going to bed.—*Another*: Mix together in a phial, 2 drachms of compound tincture of benjamin, 6 drachms ethereal spirits of nitre, 3 drachms of compound tincture of camphor, and 5 drachms of oxymel;

take a tea-spoonful in a wine glass of warm water, when the cough is troublesome.—*Another*: Mix 1 oz. gum arabic, 1 oz. sugar candy, and the juice of a lemon; pour on it a pint of boiling water; take a little when the cough is troublesome.

Extract of Malt, for a Cough.

Over $\frac{1}{2}$ a bushel of pale ground malt, pour hot (not boiling) water to cover it, let it stand eight and forty hours; then drain off the liquor, without squeezing the grains, and put it into a stew-pan large enough for it to boil quickly, without boiling over. When it begins to thicken, stir it, till it is as thick as treacle. Take a dessert-spoonful three times a day.

For a Cold and Cough.

To 3 quarts of water, put $\frac{1}{4}$ lb. of linseed, two penny worth of stick liquorice, and $\frac{1}{4}$ lb. sun raisins. Boil it, until the water be reduced one half; then add a spoonful of rum and of lemon juice. Take a $\frac{1}{4}$ pint at bed time, and repeat the same, but in smaller quantities, during the night, if the cough be troublesome.

For the Hooping Cough.

Dissolve 1 scruple of salt of tartar in $1\frac{1}{4}$ pint of cold water: add 10 grains of pounded cochineal, and sweeten with lump sugar.—The dose to be increased in proportion to the age of the patient; for a child five years old, a table-spoonful is sufficient; for adults 2 table-spoonfuls 3 times a day.—*Note*, abstain from fruit and all acids.

Garlick Syrup, good for Hooping, or any other Cough.

Put 3 roots of garlick, sliced thinly and transversely, with 4 oz. honey, and 4 oz. vinegar, into a $\frac{1}{2}$ pint bason, and set that into a large wash hand bason; let it infuse half an hour, then strain it. Take, the first thing in the morning, and the last at night, a tea-spoonful of the syrup, in an equal quantity of brandy and water; put the water

in the wine-glass first. It is well known that onions, as well as garlick, are good for all descriptions of colds, particularly where the breathing is affected.

Almond Emulsion for a Cough or Tightness of the Chest.

Beat well in a marble mortar, 6 drachms of sweet almonds blached, and 2 drachms of white sugar, then add 1 pint of cold water, by degrees, strain and then add to it, 2 tea-spoonfuls of sweet spirits of nitre. Cork it, and keep it in a cool place, or in cold water.—Take a tea-spoonful three times a day.

For a Hoarseness.

Make a $\frac{1}{4}$ pint of hissop water very sweet with sugar candy, and set it over the fire; when quite hot, stir in the yolk of an egg well beaten, and drink it off; this may be taken night and morning.—*Or*: put a new laid egg in as much lemon juice as will cover it: let it stand twenty-four hours, and the shell will be dissolved. Break the egg, then take away the skin. Beat it well together, add 2 oz. of brown sugar candy pounded, $\frac{1}{4}$ pint of old rum, a wine-glassful of salad oil, and beat all well together. Take a table-spoonful the first thing in the morning, and the last at night.

Plaister for a Cough.

Take, 1oz. each, of bees wax, white burgandy pitch, and rosin, $\frac{1}{4}$ oz. coarse turpentine, $\frac{1}{2}$ oz. oil of mace, beat all well together, and spread it on white leather, the shape of a heart; when it flies off, renew it, two or three times.

Bark Gargle.

Boil in $1\frac{1}{2}$ pint of water, over a slow fire, till one third is wasted, 1 oz. powdered bark, and 1 drachm of myrrh, not finely powdered; strain, then add a table-spoonful of honey, and a tea-spoonful of spirits of lavender.

An excellent Gargle for a Sore Throat.

Half fill a tea-pot with *dark* red rose leaves, pour boiling water over them; when cold pour off the liquid into a 6 oz. bottle, add a tea-spoonful of tincture of myrrh, and 25 drops of elixir of vitriol: if the throat be ulcerated, a tea-spoonful of tincture of cayenne.

Chilblains.

Make a liniment, for either hands or feet, of 1 oz. of palma oil, 1 oz. of expressed oil of mace, and 2 drachms of camphor.

For Burns or Scalds.

Keep in a bottle, tightly corked, $\frac{1}{2}$ oz. of trefoil, and the same of sweet oil; apply with a feather, immediately that the accident has occurred. *Linseed*, or salad oil, if applied instantly will draw out the fire; *treacle* will have the same effect, and is recommended by some persons, in preference to any thing else. Others say that *flour* applied *instantly* is the very best thing to draw out the fire: as soon as the flour becomes warm, replace it with fresh. It should be fine flour.

For Bruises, Cuts, or Wounds.

Keep in the house, a bottle containing a mixture as follows: $\frac{3}{4}$ oz. of scented trefoil, the same of rum, and of sweet oil.—*Another*: Have a bottle three parts full of brandy, fill it quite full with the white leaves of the flower of the garden lily, and cork it close. Lay some of the leaves on the wound, and keep it wet with the liquor. The root of the same lily is very good for making *strong* poultices.

Vegetable Ointment.

A small handful of smallage, the same of red pimple, feverfew, rue, and pittory of the wall; simmer them in a

1 lb. of unsalted butter, over a slow fire, half an hour : stir, and press well, then strain it.

Elder Ointment.

Melt 3 lb. of mutton suet in 1 pint of olive oil, and boil in it 4 lb. weight of elder flowers, full blown, till nearly crisp ; then strain, and press out the ointment.—*Another* : take 4 oz. each, of the inner bark of the elder tree, and the leaves, boil them in 2 pints of linseed oil, and 6 oz. of white wax. Press it through a strainer.

A Carrot Poultice.

Boil some washed carrots, and then pound them to a pulp with a wooden pestle ; add an equal quantity of wheaten meal, and 2 table-spoonfuls of yeast, and wet it with beer or porter. Let it stand before the fire to ferment. The *soft* part to be made into a poultice with some lard.

An Excellent Bitter.

Cut $\frac{1}{2}$ oz. of gentian in thin slices into a stone jar, add the same quantity of fresh orange peel and sliced ginger. Pour over them, 1 quart of boiling water, and let it stand ten hours. Strain it off quite clear, add a gill of white wine (sherry), and bottle it. For a weak stomach, a wine-glassful the first thing in the morning. It will create an appetite.

For Weak Eyes.

Dr. Bailey's.

Boil 2 quarts of water and stir into it the following ingredients: $\frac{1}{4}$ oz. camphor, pounded in a mortar with a bitter almond, 1 oz. bolalmanack, and $\frac{1}{2}$ oz. copperas ; when cold, bottle it. Bathe the eyes as often as you like.—*Another* : dissolve in spring water, 10 grains of white vitriol, and 10 grains of sugar of lead. Wash the eyes four or five times a day.—*Or* : boil in spring water for five minutes,

$\frac{1}{4}$ oz. white copperas and $\frac{1}{4}$ oz. of common salt. One drop to put in the eyes with a feather, the last thing at night. The bottle to be marked *poison*.

For the Tooth Ache.

Mix together 2 drachms of alum, reduced to an impalpable powder, and 2 drachms of nitrous spirits of æther.—*Or*: mix together 2 drachms of alum powdered very fine, and 7 drachms of nitrous spirits of æther.—*Or*: a drop of æther, and a drop of laudanum on a piece of cotton: this will also sometimes relieve the ear-ache.—*Another*: 1 oz. tincture of myrrh, 1 oz. tincture of gumlac, $\frac{1}{2}$ oz. tincture of bark: mix the two last and shake well, add the myrrh by degrees, and shake well together. Put 1 table-spoonful to 2 of hot water, and wash the mouth frequently, holding it in the mouth for some time.

For an intermitting pain in the Teeth.

Boil $\frac{1}{2}$ oz. of bark, grossly powdered, in a pint of cold water, till it wastes to a pint; then strain through muslin and bottle it. When the teeth are free from pain, put 2 table-spoonfuls of the above decoction into a wine glass, add $\frac{1}{2}$ a tea-spoonful of laudanum, then gargle and wash the mouth well with it. This may be repeated several times in the day, but not when the pain is on.

Peppermint Water.

Pour 5 drops of the oil of peppermint on a lump of sugar. Put the sugar into a $\frac{1}{2}$ pint phial, with a tea-spoonful of brandy, and fill up with water.

Soda Water.

To 40 grains of carbonate of soda, add 30 grains of tartaric acid in small crystals. Fill a soda bottle with spring water, put the mixture in, and cork it instantly with a well fitting cork.

Medicinal Imperial.

Useful in the Spring, or in slight fevers or Colds.

Pour 3 quarts of boiling water over $1\frac{1}{2}$ oz. of cran

of tartar, 1 oz. Epsom salts, $\frac{3}{4}$ lb. lump sugar, the peel of 3 lemons, and the juice of 1; cover close for half an hour, then boil up, skim and strain it through thin muslin, into decanters.—As an alterative, take a wine-glassful before breakfast.

Lime Water.

Put 4 oz. quick lime into 6 pints of soft water, mix well and let it stand in a covered vessel, an hour; then pour off the liquid.

Seidlitz Powders.

Put into one tumbler, 2 drachms of rochelle salts, and 2 scruples of carbonate of soda: into another tumbler put 2 scruples of tartaric acid, fill each tumbler rather more than a quarter part, and then pour the two together.—*Another*: mix carefully 2 drachms of sulphate of magnesia in fine powder, with 2 scruples of bicarbonate of soda, and mark the packet No. 1, in another packet marked No. 2. put 40 grains of tartaric acid in fine powder. Mix in two different tumblers, each a quarter part filled with water, and drink in a state of effervescence.

Medicines to keep in the House.

Camomile Flowers.	Sal. Volatile.
Camphorated Spirits.	Salt of Wormwood.
Castor Oil.	Senna Leaves.
Epsom Salts.	Soda Carbonate.
Hartshorn.	Spirits of Lavender.
Jalap Powder.	Sweet Spirits of Nitre.
Magnesia Calcined.	Tincture Rhubarb.
Peppermint Water.	Tincture Myrrh.
Rhubarb.	

CHAPTER XXXIII.

VARIOUS RECEIPTS.

Eau de Cologne.

INTO 2 quarts of spirits of wine at 36, put 2 drachms of the essence of bergamot, the same of the essence of cedrat, (a superior kind of bergamot), 2 drachms of the essence of citron, 1 oz. of the essence of rosemary, and a $\frac{1}{4}$ drachm of the essence of neroly, (an oil produced from the flowers of the Seville orange tree): let it stand twenty-four hours, then strain through brown paper, and bottle it for use.

Lavender Water.

Into 1 pint of spirits of wine, put 1 oz. oil of lavender, $\frac{1}{2}$ a drachm essence of ambergris, $\frac{1}{2}$ a drachm essence of bergamot. Keep it three months.—Or: 8 oz. spirits of wine, 1 drachm oil of lavender, 10 drops of ambergris, and 20 drops of essence of bergamot.

Milk of Roses.

30 grains of salt of tartar, (pulverised), 2 oz. oil of almonds, 6 oz. of rose water: mix the two first, then add the rose water by degrees—Or: 2 oz. of sweet almonds beaten to a paste, 40 drops of oil of lavender, and 40 oz. of rose water.

Henry's Aromatic Vinegar.

Camphor, 2 drachms, oil of cloves, $\frac{1}{2}$ a drachm, oil of lavender, 1 drachm, oil of rosemary, 1 drachm, and a $\frac{1}{2}$ oz.

of the best white wine vinegar : macerate for ten days, then strain it through paper.

Pomade Divine.

Put $\frac{1}{2}$ lb. of beef marrow into an earthen vessel, fill it with spring water, and change that every day for ten days, drain it off, put a pint of rose water to it, let it stand twenty-four hours, then take the marrow out, drain and wipe it thoroughly dry in a thin cloth, beat it to a fine powder, add 1 oz. of benjamin, the same of storax, cypress nuts, florence, cinnamon, nutmeg, and $\frac{1}{2}$ oz. of cloves ; mix all these together first, then mix up with the marrow, and put into a pewter vessel which has a close fitting lid ; put this vessel into a copper of boiling water, and keep it boiling three hours, having boiling water ready to replenish the copper, so that the pewter vessel may be covered with water all the time. At the expiration of three hours, pour the mixture through fine muslin into pots, and when cold, cover them close with paper.

Pomatum.

Take of very nice fresh lard $\frac{1}{2}$ lb., of marrow 4 oz., mix and beat them well together, with a shilling bottle of essence of lemon.

Cold Cream.

To $\frac{1}{2}$ a pint of rose water, add $\frac{1}{2}$ a pint of oil of almonds, 1 oz. virgin wax, and 1 oz. spermaceti : melt over a slow fire, and beat them together, till quite cold. —Or : melt $\frac{1}{2}$ lb. hog's lard in a bason over steam : add $\frac{3}{4}$ pint rose water, and $\frac{1}{2}$ a wine-glassful of oil of almonds : stir together with care, till of a proper consistency.

For Chapped Hands.

Mix the yolks of 3 eggs well beaten, with 3 table-spoonfuls of honey, 3 heaped or 4 table-spoonfuls of fine oatmeal, 3 table-spoonfuls of rose water or brandy, and 4 or 5 sweet almonds, pounded. Wash the hands first,

then rub the paste on, and wash it off.—*Another* dissolve a tea-spoonful of pulverised borax in a tea-cupful of boiling soft water, add a tea-spoonful of honey, and mix well together. After washing, wipe the hands very dry, and put the mixture on with a feather.—*Oil of Almonds* rubbed on at night is very softening and healing.

Camphor Soap.

To $\frac{1}{2}$ oz. camphor, add 1 oz. spermaceti, $\frac{1}{4}$ lb. common soap sliced very thin; boil these in $\frac{3}{4}$ pint of water, a considerable time.

Soap for Washing.

Put 3lb. curd soap sliced into an earthen pipkin with a bullock's gall, and let it simmer till melted, then make into balls.

Transparent Soap.

Put into a thin glass phial $\frac{1}{2}$ a cake of Windsor soap, cut small, half fill the phial with alcohol, and place it near the fire, till the soap be dissolved: then pour it into a mould to cool.

Tooth Powder.

Bole amoniac, gum mastic, red coral, and myrrh, of each an equal quantity, finely powdered.—*Another*: 3oz. camphor, 1 oz. powdered cinchona bark, 1 oz. prepared charcoal, and sufficient spirits of wine to dissolve the camphor. Mix thoroughly, and pass through a fine sieve.—The mixture of chalk and camphor, prepared by the chemists, is very good for preserving as well as cleansing teeth.

Electuary for the Teeth.

To $\frac{1}{2}$ oz. bole amoniac, $\frac{1}{4}$ oz. myrrh, $\frac{1}{2}$ a drachm of allum, $\frac{1}{2}$ oz. Hungary water, add honey water sufficient to make into an electuary.

Curling Fluid.

Melt a bit of bees' wax, about the size of a filbert kernel, slowly, in 1 oz. of oil of almonds, and then add a drop or two of ottar of rose.

To Clean Carpets.

Mix ox gall and water; rub the carpet with a flannel dipped into the mixture, then rub dry with a linen cloth. Sometimes carpets shrink after being thus wetted, therefore the safest way is to fasten them securely to the floor.

To Clean Silk Dresses.

The dress must be taken to pieces. Take out all grease spots, with spirits of turpentine; then rub the silk over, with a sponge dipped in an equal quantity of honey, and soft soap, mixed with spirits of wine, sufficient to make it nearly liquid. When well cleaned, dip the silk in cold spring-water, then hang it on a horse to dry; when nearly cold, smooth it on the wrong side, with a cool iron.—*Another*: make some strong salt and water, in the proportion of a hand-ful of salt to a bucket of cold water, lay in the breadths of silk, do not rub, but occasionally lift them up and down singly, for three days, then rinse the silk in cold spring water, hang it up to dry, and when nearly dry, smooth it out, and iron on the wrong side, with a cool iron.

To take Grease out of Silk or Stuff.

Moisten $\frac{1}{2}$ lb. fuller's earth with water, put it before the fire to dry, then pound, sift, and mix it with 2 oz. best starch (beaten and sifted), $\frac{1}{2}$ the white of an egg, $\frac{1}{4}$ pint camphorated spirits, and the same of turpentine; mix well, and bottle it. Spread it over the part affected: if too dry moisten with soft water.

To Remove Grease from Satin, Silk, Muslin, Drawing-paper, and other things.

Drop pure water upon the grease spot, and scrape on it

eaked magnesia, until the spot is perfectly saturated with the powder. When dry brush it off, and the grease, in most cases, will be removed. Some persons use *soda*, quite dry, and find it answer.

To Clean Blond.

Soap it well, with curd soap, in luke warm water, and let it lie all night; the next morning wash it out, rinse in cold water, made blue, fold it in a cloth, and iron, with a half cold iron. Some roll it out singly on a bottle, before they wash it, and do not take it off till the iron is passed over.

To Wash Silk Stockings.

Put them into as much luke warm water as is required to cover them, soap the feet well, and rub that part which is soiled, with smelt blue; lay them smooth in the water, strew some blue between the folds, and let them lie all night: be careful in washing to rub them well, as the blue will be hard to come out: the second lather must be of equal heat, but not quite so blue. Cut bear is used to tinge them pink.

To Clean Floor Cloths.

After sweeping it, rub the floor cloth with a damp flannel, then with milk or milk and water, and polish with a clean dry cloth. This is better than wax.

To Clean Stone Stairs.

Boil together in 2 quarts of water, $\frac{1}{2}$ pint of size and the same of stone blue, 2 table-spoonfuls of whitening, and 2 cakes of pipe maker's clay. Wet a flannel with this mixture, wash the stones with it, and when dry, rub with a clean flannel and brush.

To take Oil from Stone or Boards.

To a strong ley of pearl-ashes, add some unslacked

lime, let it settle, pour it off clear; when you use it lower it with water, and scour the grease spots; but it must be done quickly.

To take Rust from Steel.

Rub well with sweet oil, and two days after, rub with unslacked lime till the rust disappears.

To Clean Steel Stoves and Fire Irons.

Rub with a piece of flannel dipped in oil, then in emery powder; polish with a leather and rotten stone.

To Clean Paint.

Put a very little pearl-ash or soda into the water, to soften it, then wash the paint with a flannel and soft soap; wash the soap off, and wipe dry with clean linen cloths.

To Clean Papered Walls.

The very best method is to rub with stale bread. Cut the crust off very thick, and wipe straight down from the top, then go to the top again, and so on.

To Clean Tin Covers.

They should be wiped dry after they have been used, to prevent their becoming rusty. Mix a little fine whitening with sweet oil, and rub well, wipe this off clean, and then polish with a leather and some dry whitening.

To Clean Copper Utensils.

If the kitchen be damp, or very hot, the coppers will turn black. Rub brick dust over, then a flannel dipped in oil; polish with a leather and rotten stone.

Marking Ink.

Mix in a phial, 100 grains lunar caustic, 2 drachms gum arabic, 1 scruple sap green, 1 oz. rain water.—*Mixture to*

wet the cloth with: 1 oz. salts of soda, dissolved in 2 oz. rain water; let the wetted part be perfectly dry before you use the ink upon it, then hold it near to the fire, at first, then at a further distance, till quite black.

Ink.

Infuse in a gallon of rain or soft water, $\frac{3}{4}$ lb. of blue galls, bruised; stir every day, for three weeks. Then add 4 oz. green copperas, 4 oz. logwood chips, 6 oz. gum arabic, and a wine-glassful of brandy.—*Another:* put $1\frac{1}{2}$ oz. nut galls pounded, 1 oz. gum arabic, 1 oz. copperas into $1\frac{1}{2}$ pint of rain water: shake it every day, for a fortnight, and it will be ready.

Blacking for Shoes.

To 6 oz. ivory black, add 1 oz. bees wax, and 1 oz. mutton suet. Boil in 3 pints of water till melted and well mixed.—*Another:* 1 quart vinegar, 6 oz. treacle, 2 oz. ivory black, and the yolks of 2 eggs, well beaten. Boil together till the ingredients are well mixed, keep it covered close.—*Another:* into a pint of small beer put 4 oz. ivory black, 3 oz. coarse sugar and a table-spoonful of sweet oil; mix well.

To make Leather Water Proof.

Melt over a slow fire, 1 pint drying oil, 2 oz. yellow wax, 2 oz. spirits of turpentine, 1 oz. burgundy pitch; when cold it is fit to use.—Rub over new boots or shoes, with the composition, in the sun, or a little distance from the fire; when dry, apply it again, with a sponge, about 3 times. This will make the leather impervious to wet, and of course, more durable.

To preserve the Soles of Shoes.

Dissolve $\frac{1}{2}$ lb. rosin in $\frac{1}{2}$ pint spirits turpentine. Warm the soles before the fire, and apply the liquid until they will absorb no more.

To make Fire Balls.

One third of the smallest coal, or dust, made up with double the quantity of clay, into round balls about the size of an 8 lb. shot, and dried : place a range of them at the bottom of the grate ; when you light your fire, in the morning, make up a good fire, so that they become red hot, and they will keep so all the day, with a small fire.

Pot Pourri.

Take one handful of orange flowers, 1 handful sweet marjoram, 1 handful lemon thyme, 1 handful lavender flowers, 1 handful clove pinks, 1 handful rosemary, 1 of myrtle flowers, 2 of stock flowers, 2 of damask roses, 2 of province roses, $\frac{1}{2}$ a handful of mint, and the rinds of 2 lemons, dried and pounded. Mix well, lay some bay salt at the bottom of your jar, then a layer of the mixture, another layer of salt, then of the mixture, till the jar is full.

To Thicken the Hair.

Simmer $\frac{1}{2}$ lb. of the best lard in a tea-cupful of the best salad oil, for half an hour, scumming all the time : then add 9 drops of any scent. To be rubbed in three times a week.

To destroy Bugs.

Corrosive sublimate, in spirits of wine, poured into crevices, or put on with a feather, will kill them : it should be repeated as often as is necessary. This is a deadly poison, and should not be entrusted to servants.

CHAPTER XXXIV.

COOKERY FOR THE POOR.

THERE are some receipts which may, perhaps, be of use to young housekeepers who are actuated by the benevolent desire of contributing to the comfort of their poor neighbours. I have selected such as appear to be the most easy and profitable to adopt: and the insertion of these will accomplish nearly all that I can hope to effect under the above head, because there is here no need of discoveries or inventions; we all know that a supply of food alone can avert the misery of hunger, and that if there were a thousand different *systems* for feeding the poor by the means of voluntary aid, the success of each system must, after all, mainly depend on the practical efforts made in its application.

Some persons object to making soups, &c. for the poor, on the ground that poor people are not so well satisfied with this mode of relief as they would be if the materials were given them to dispose of in their own way. This objection is just in some cases, but not so in others; because as respects domestic management, there are two distinct classes among the poor, the one having learned arts of economy while faring well, and the other being ignorant of those arts from never having had enough means to encourage them to make such things their study.

It is true that the old fashioned English cottagers, that class now so fast falling into decay, are by no means wanting in the knowledge of housekeeping and of cooking in an economical manner. Not only does their labour in the fields produce fertility, bring the richest harvests, and cause those appearances on the face of the country which make it admired as one of the most beautiful in the world; but the habitation of the labourers themselves, their neat cottages, and their gardens so abounding at once with the useful and the elegant; these have always been regarded as one complete feature, and that not the least important, in the landscape of England. And, if we look at the interior of these dwellings, we there find every

thing corresponding with what we have remarked without. It would, indeed, be very strange if such were not the case. Where the father, after having done a hard day's work for his master, will continue, in the evening, to toil upon his own small plot of ground for a couple of hours, and where the children are bred up to respect the edges of the borders, the twigs of the shrubs, and the stems of the flowers, and to be industrious and even delighted in such things, it is natural that the mother should take the same pains with all that belongs to the inside of the dwelling. And accordingly, those who have occasionally visited the poor of the rural districts of England, must have observed, that if they are often deficient in the means of living well, they are, as often, patterns of cleanliness, and as anxious to make a respectable appearance with their scanty furniture, to polish their half dozen pewter platters, to scrub their plain table or dresser, to keep clean and to set in order their few cups and saucers of china ware, as their betters are to make a display of the greatest luxuries of life. These excellent habits of the people are so fixed, that we see a portion of them still clinging to those labourers, perhaps the most of all to be commiserated, who are employed in the factories of the North of England.

But the condition of the other class is very different. Some of these have never, from their earliest infancy, been accustomed to any of those scenes in which, though there be difficulties, there are circumstances to excite perseverance and to reward pains-taking. These are born in absolute want; their experience under the roof of their parents has been but a course of destitution: and they go forth into the world rather as fugitives from misery than as seekers to be more prosperous. If they obtain employment, their labour is perhaps re-paid by wages barely sufficient to keep them alive; destitute of the means of practising any thing like household management, never having known what it is to have a home, worthy to be so called, for a single day, it is scarcely possible for them to obtain that knowledge, simple as it is, which is required to contrive the various modes of making much out of a little. Besides, if the poor people existing in this condition were ever so inclined to do well, there are the

strongest inducements held out to them to mismanage their small stock of means : they are continually standing in need of some temporary sustenance ; and, who can wonder if thus bereft of all power to *provide* or to *economize*, they yield to destruction, and suffer themselves to be allured by the glare of the gin-palace or the revelry of the pot-house ! It is one of the sure signs of misery with such persons, that they are very little acquainted with the art of cookery. Here and there may be found a poor woman who has become skilful by serving in the kitchens of other persons ; but this is only an exception, and too rare to be of account.

In almost every family there are, occasionally, things which may be spared from its consumption, to be converted, by an experienced cook, into palatable and nourishing food for poor people, but which, if given to them in the shape of fragments, they would be totally ignorant how to make use of. Such, for instance, as bones with very little meat on them, trimmings of meat, of poultry, &c., some cooked, some uncooked, crusts of bread, and pieces of dripping : yet these, with a little pepper, salt, and flour to thicken, may, by careful cooking and seasoning, be made to produce an excellent meal for a family of children.

Few servants are unwilling to take the trouble, if their mistress will supply them with the means, of helping their poor fellow creatures, and, if the head of every family would give as much as she can spare to the poor who live immediately in her own neighbourhood, more general good would be done than ladies can reasonably hope to do by subscribing their money to “societies”, which, though they may have been established by the best intentioned persons, and for the kindest of purposes, can never be so beneficial in their effects, as that charity which one individual bestows upon another. The relief which is doled out by a “Society” is accompanied by very imperfect, if any, inquiries into the particular circumstances of the persons relieved ; by no expressions of sympathy, by no encouraging promises for the future, to cheer the heart of the anxious mother as she bends her way homeward with her kettle of soup : the soup which has been obtained by presenting a ticket, is apportioned to the little hungry

creatures, without their being reminded who it is that has so kindly provided for them, and after it is eaten, there is no more thought about the source whence it came than there is about the hunger which it has removed. The private mode of charity is superior to the public in every way. There are great advantages arising from the former which the latter can never procure. Not only must the attentions of a known individual be the most gratefully appreciated by a poor man or woman, but the child which has often gone to bed satisfied and happy, after a supper provided by one or another good neighbour, cannot be expected to grow up without some of those feelings of personal respect and attachment for its benefactor, which, while they prevent the contrast of riches with poverty from becoming odious, are the strongest assurances of union between him who claims a property in the soil and him whose labour makes that property of value. Self-interest and humanity are not the least at variance in this matter; the same course of policy is dictated to both. It may seem glorious to be advertized throughout Europe, and to be read of in a hundred news-papers, as a large subscriber to a public Institution: but the benefits which are confined to a single parish are the more lasting from being local, and the fame of the distributor, though bounded in distance, is all the more deserved, the longer kept alive and cherished, and, consequently, the better worth endeavouring to obtain.

The following receipt has actually been published, for "soup for the poor."—"Seven pails of water, 2 quarts of barley, 5 quarts of peas, 1 bushel of potatoes, $\frac{1}{4}$ bushel of carrots, and the same of turnips, $\frac{1}{2}$ peck of onions, 1 oz. pepper, 2 lb. salt, some herbs, and—a large ox head!"—Only 1 ox head to seven pails of water! This may be rich enough for persons who have no wear and tear of their bodily strength; and would, no doubt, if occasionally resorted to, be wholesome diet for the inactive, and the high living; but when soup is made for the purpose of refreshing the toil worn, and to supply strength for continuance of labour, the water should not be used in pailfuls. Neither is it to be recommended that so large a proportion of potatoes be used. The water in which potatoes have been boiled is always considered pernicious;

therefore, soup cannot be benefitted by their being cooked in it. They may not be a bad addition, if cooked by themselves, and eaten with soup; but as potatoes are always rejected, in making soup for any *but* the poor, I cannot think that they possess any quality to make the use of them desirable, where the object must be to produce as much nourishment as possible.

The soup I would recommend for poor people, should be made of the shin or any coarse parts of beef, shanks and scrags of mutton, also trimmings of any fresh meat or poultry. A pound of meat may be allowed to every pint of soup (that is, every three $\frac{1}{2}$ pints of water), and then all the meat should not be quite boiled to rags, but some be left to eat. There should be a sufficient quantity of turnips, carrots, onions, and herbs; also pepper and salt; and dumplings, of either white or brown flour, would be a good addition. A quart of soup, made in this way, with about $\frac{1}{2}$ lb. of meat, and a dumpling for each person, would be a good dinner for a poor man, his wife and children; and such a dinner as a lady who has a kitchen and a cook at her command, may often regale them with. Less meat will do where there is pot-liquor. The liquor of all boiled meat should be saved, put away in a clean pan, and made the next day into soup. That of a leg of mutton, for instance, will require but little meat in addition, to make very good soup. The liquor of any fresh meat, of boiled pork, if the latter be not very salt, will make good peas soup, without any meat.—Soak a quart of split peas all night, in soft water, put them into 3 quarts of cold soft water, or pot-liquor, and, if the former, some bones or pieces of meat; a small piece of pork would be very good. Put in 2 onions, cut up, 1 or 2 heads of celery, a bunch of sweet herbs, and what salt and pepper you think it will require. Let it boil up, and then simmer gently *by the side*, full three hours, or longer if the peas be not done; stir the peas up from the bottom now and then. When you have neither meat nor pot-liquor, mix 2 or 3 oz. of clean dripping with an equal quantity of oatmeal, and stir it, by degrees, into the soup, or boil in it some small dumplings made of flour and suet.

In houses where a brick oven is heated once a week or oftener, for bread, it would give little additional trouble to

bake a dish of some sort or other for some poor family. The oven may be used for making soup in this way : first put the meat on the fire in just enough water to cover it ; when it boils, take off the scum, pour off the water, put the meat into an earthen pan with 3 carrots cut up, a turnip, 1 or 2 onions, some pepper and salt, and very stale dry crusts of bread ; pour over boiling water, in the proportion of a gallon to 2lb. meat, and let it bake two or three hours. Shanks of mutton, cow-heels, ox and sheep's head, may be cooked in this way, but the two latter must be parboiled first, to cleanse them ; and will require four or five hours baking. But the soup made of ox head is by no means so nourishing as that of shin of beef.

When there is room in the oven, a plain pudding may be baked as follows. Pour boiling skim milk over stale pieces of bread, no matter how dry, and cover with a plate or dish. When it has soaked up the milk, beat the bread, dust in a little flour, add sugar, an egg or two, or finely shred suet, or pieces of dripping and more milk if required. Butter a brown pan, pour in the pudding, and bake it three quarters of an hour.—*Or* : a batter pudding, made with two eggs to a quart of milk ; or if eggs be scarce, leave them out altogether, and use dripping ; rub it into the flower, with a little salt, mix this by degrees, with some milk into a batter, and bake it. A batter pudding of this kind, made rather thick, is very good with some pieces of meat baked in it ; in the proportion of 1 lb. solid meat to a batter made with 1 quart of milk. Pickled pork, not very salt, makes a very good pudding.

A plain rice pudding, without eggs or butter, made with skim milk, and some suet or dripping, is excellent food for children. But rice costs something, and my object is to point out to young housekeepers how they can best assist the poor without injury to their own purses ; and, therefore, I do not urge the use of barley, rice, sugar, currants, &c. &c. They do not, of themselves, produce much nourishment ; sufficient, perhaps, for children, and for persons who do not labour, but for hard working people, the object is to provide as much animal food as possible ; therefore, when money is laid out, it ought to be for meat.

Puddings with suet, approach very nearly to meat. A

thick crust, with a slice of bacon or pork in it, and boiled, makes a good pudding.—*Hasty pudding*, made with skim milk, in the proportion of 1 quart to 3 table-spoonfuls of flour, would be a good supper for children, and the cost not worth consideration, to any lady who has a dairy.—*Buttermilk* puddings, too, are cheap and easily made.—*Milk* is of great value to the poor.

Where there is a garden well stocked with vegetables, a meal for poor people may often be prepared, at little expence, by cooking cabbages, lettuces, turnips or carrots, &c. &c. in the water which has been saved from boiling meat, or thin broth. The vegetables, stewed slowly, till tender, with or without a small piece of meat, and the gravy seasoned and thickened, will be much more nourishing as well as palatable, than plain boiled.

To dress Cabbages, Lettuces, Brocoli, and Cauliflower.

Put $\frac{1}{2}$ lb. bacon or pork, in slices, at the bottom of a stew-pan, upon them a large cabbage, or 2 small ones, in quarters; a small bunch of herbs, some pepper and salt; the same quantity of bacon or pork on the top, and a quart of water or pot liquor; let it simmer till the cabbage is quite tender.—*Another*: wash a large cabbage, or lettuce, open the leaves, and put between them little pieces of bacon, or pork, and any fragments of fresh meat cut up; tie up the cabbage securely, and stew it till tender in a very little broth or water, with a little butter rolled in flour, and some seasonings. A little meat will go a great way in making this a palatable dish. Turnips, carrots, and potatoes, either raw, or such as have been cooked the day before, may be just warmed up, or stewed till tender in a little weak broth, thickened with flour, and seasoned with salt and pepper, and then, poured, with the gravy, on slices of bread in a tureen, they will be good food for children.

CHAPTER XXXV.

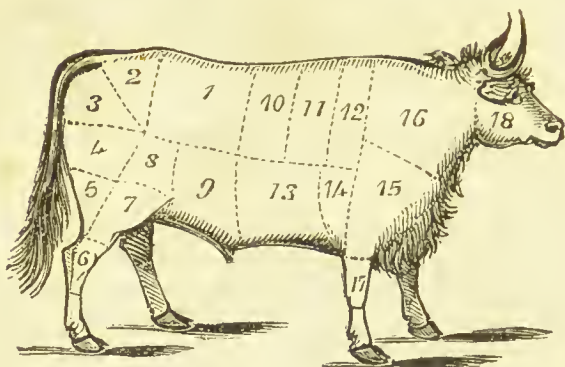
JOINTING, TRUSSING, AND CARVING.

Below will be found the figures of the five larger animals, followed by a reference to each, by which the reader, who is not already experienced, may observe the names of all the principal joints, as well as the part of the animal from which the joint is cut. No book that I am acquainted with, except that of MRS. RUNDELL, has taken any notice of this subject, though it is a matter of considerable importance, and one as to which many a young housekeeper often wishes for information.

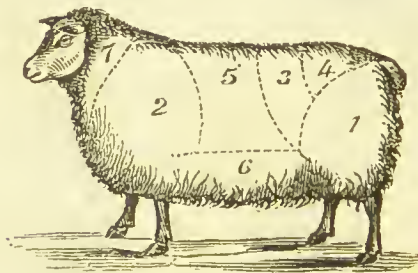
Venison.



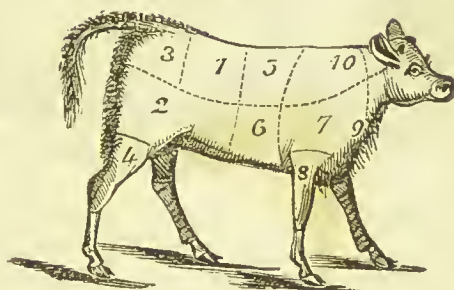
- | | |
|--------------|------------|
| 1. Shoulder. | 4. Breast. |
| 2. Neck. | 5. Scrag. |
| 3. Haunch. | |

Beef.

- | | |
|-------------------|---------------------------------------|
| 1. Sirloin. | 10. Fore Rib : 7 Ribs. |
| 2. Rump. | 11. Middle Rib : 4 Ribs. |
| 3. Edge Bone. | 12. Chuck Rib : 2 Ribs. |
| 4. Buttock. | 13. Brisket. |
| 5. Mouse Buttock. | 14. Shoulder, or Leg of Mutton Piece. |
| 6. Leg. | 15. Clod. |
| 7. Thick Flank. | 16. Neck, or Sticking Piece. |
| 8. Veiny Piece. | 17. Shin. |
| 9. Thin Flank. | 18. Cheek. |

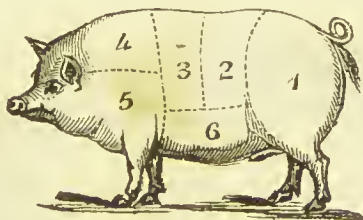
Mutton.

- | | |
|---------------------|---|
| 1. Leg. | 6. Breast. |
| 2. Shoulder. | 7. Neck, Scrag End. |
| 3. Loin, Best End. | <i>Note.</i> A Chine is two Loins ; and |
| 4. Loin, Chump End. | a Saddle is two Loins, and two Necks |
| 5. Neck, best End. | of the Best End. |

Veal.

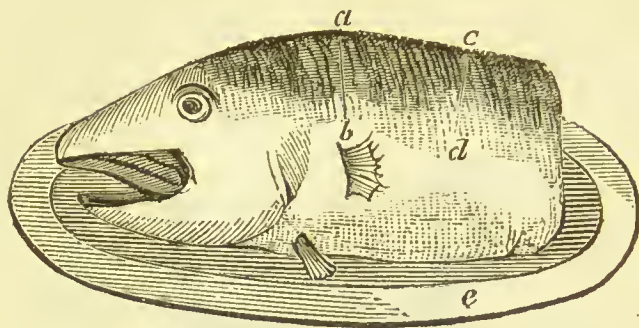
1. Loin, Best End.
2. Fillet.
3. Loin, Chump End.
4. Hind Knuckle.
5. Neck, Best End.

6. Breast, Best End.
7. Blade Bone, or Oyster-part.
8. Fore Knuckle.
9. Breast, Brisket End.
10. Neck, Scrag End.

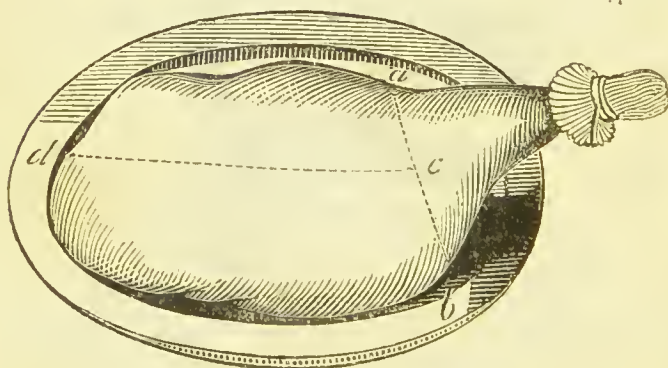
Pork.

1. Leg.
2. Hind Loin.
3. Fore Loin.

4. Spare Rib.
5. Hand.
6. Belly, or Spring.

Cod's Head.—FIG. 1.

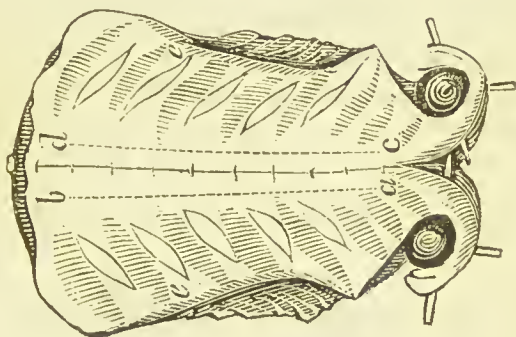
Cod's Head (Fig. 1) is a dish in carving which you have nothing to study beyond that preference for particular parts of the fish which some persons entertain. The solid parts are helped by cutting through with the fish-trowel from *a* to *b* and from *c* to *d*, and so on, from the jaw-bone to the further end of the shoulder. The *sound* lies on the inside, and to obtain this, you must raise up the thin part of the fish, near the letter *e*.—This dish never looks so well as when served dry, and the fish on a napkin neatly folded, and garnished with sprigs of parsley.

Haunch of Venison.—FIG. 2.

Haunch of Venison is cut (as in Fig. 2.) first in the line

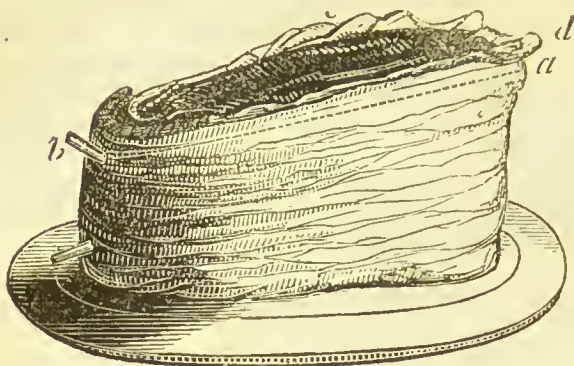
a to *b*. This first cut is the means of getting much of the gravy of the joint. Then turning the dish longwise towards him, the carver should put the knife in at *c*, and cut, as deep as the bone will allow, to *d*, and take out slices on either side of the line in this direction. The fat of venison becomes cold so very rapidly, that it is advisable, when convenient, to have some means of giving it renewed warmth after the joint comes to table. For this purpose, some use water-plates, which have the effect of rendering the meat infinitely nicer than it would be in a half chilled state.

Haunch of Mutton is carved in the same way as *Venison*.

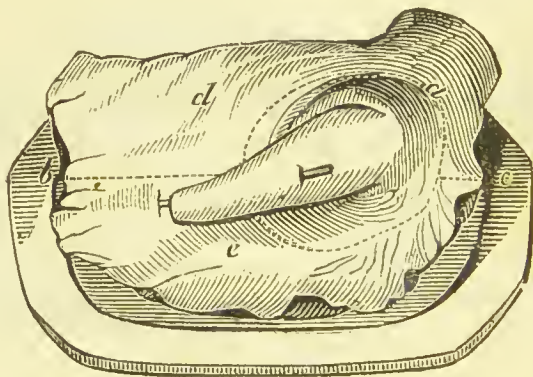


Saddle of Mutton.—FIG. 3.

Saddle of Mutton. This is prepared for roasting as in *Fig. 3*, the *tail* being split in two, each half twisted back, and skewered, with one of the kidneys enclosed. You carve this by cutting, in straight lines, on each side of the backbone, as from *a* to *b*, from *c* to *d*. If the saddle be a fine one, there will be fat on every part of it; but there is always more on the sides (*ee*) than in the centre.

Edge Bone of Beef.—FIG. 4.

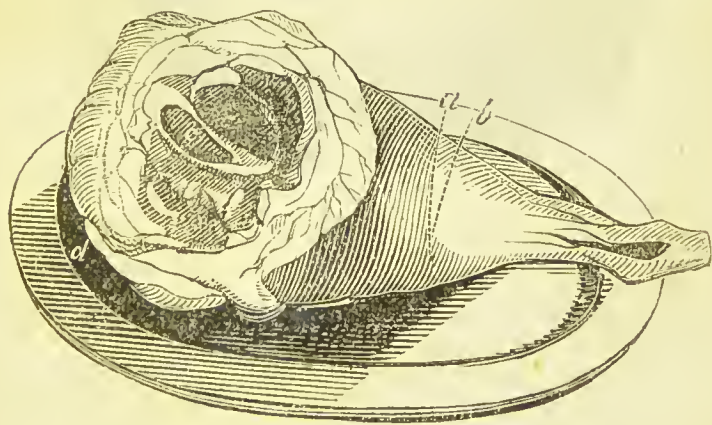
Edge Bone of Beef, like the *Round of Beef*, is easily carved. But care should be taken, with both of these, to carve neatly; for if the meat be cut in thin slices or in pieces of awkward shape, the effect will be both to cause waste, and to render the dish, while it lasts, uninviting. Cut slices, as thin as you please, from *a* to *b* (Fig. 4). The best part of the fat will be found on one side of the meat, from about *c* to *d*. The most delicate is at *c*.

Fore Quarter of Lamb.—FIG. 5.

Fore Quarter of Lamb is first to be cut so as to divide the *shoulder* from the rest of the quarter, which is called

the *target*. For this purpose, put the fork firmly into the shoulder joint, and then cut underneath the blade-bone, beginning at *a* (*Fig 5*), and continue all round in the direction of the circular line, and pretty close to the under part of the blade-bone. Some people like to cut the shoulder large, while others take off no more meat with it than is barely necessary to remove the blade-bone. It is most convenient to place the shoulder on a separate dish. This is carved in the same way as the shoulder of mutton (see *Fig. 7.*) When the shoulder is removed, a lemon may be squeezed over that part of the remainder of the joint where the knife had passed: this gives a flavour to the meat which is generally approved.—Then, proceed to cut completely through from *b* to *c*, following the line across the bones as cracked by the butcher; and this will divide the *ribs* (*d*) from the *brisket* (*e*). Tastes vary in giving preference to the ribs or to the brisket.

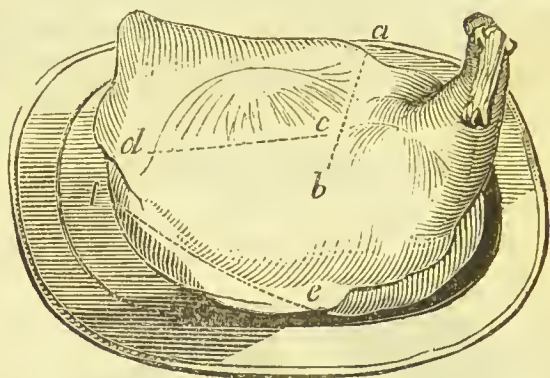
Leg of Mutton.—FIG. 6.



Leg of Mutton, either boiled or roasted, is carved as in *Fig. 6*. You begin, by taking slices from the most meaty part, which is done by making cuts straight across the joint, and quite down to the bone (*a, b*), and thus continuing on towards the thick end, till you come to *c*, the *cramp-bone* (or, as some call it, the *edge-bone*). Some

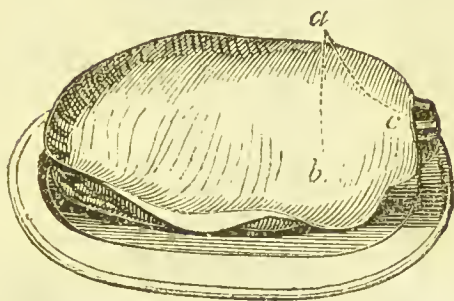
mutton is superfluously fat on every part of the leg. The most delicate fat, however, is always that which is attached to the outside, about the thick end. After cutting as above directed, turn the joint over, and cut longwise the leg, as with a haunch of venison (see *Fig. 1*). Some people like the *knuckle*, that part which lies to the right of *b*, though this is always the dryest and the leanest. A few nice slices may be taken at *d*, by cutting across that end: these are not juicy, but the grain of the meat is fine; and here there is also some nice fat.

Shoulder of Mutton.—*FIG. 7.*



Shoulder of Mutton. Cut first from *a* to *b* (*Fig. 7.*) as deep as the bone will permit, and take out slices on each side of this line. Then cut, in a line with and on both sides of the ridges of the blade-bone, which will be found running in the direction *c* to *d*. The meat of this part is some of the most delicate, but there is not much of it. You may get some nice slices between *e* and *f*, though these will sometimes be very fat. Turn the joint over, and take slices from the flat surface of the under part: these are the coarsest, yet some think the best.—In small families it is sometimes the practice to cut the under side while hot; this leaves the joint better looking, for the next day.

Ham.—FIG. 8.

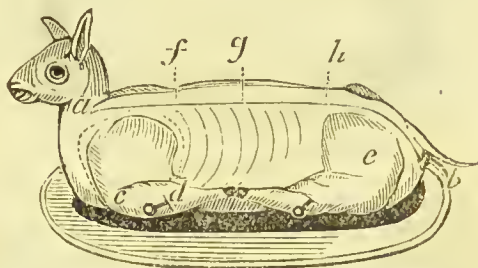


Ham is generally cut by making a deep incision across the top of it, as from *a* to *b*, and down to the bone. Those who like the *knuckle* end, which is the most lean and dry, may cut towards *c*: but the prime part of the ham is that between *a* and the thick end. Some prefer carving hams with a more slanting cut, beginning in a direction as from *a* to *c*, and so continuing, throughout, to the thick end. The slanting mode is, however, apt to be very wasteful, unless the carver be careful not to take away too much fat in proportion to the lean.

Sucking Pig should always be cut up by the cook; at least, the principal parts should be divided before the dish is served. First, take off the *head* immediately behind the ears; then, cut the body in two, by carrying the knife quite through from the neck to the tail. The *legs* and the *shoulders* must next be removed from the sides, and each of them cut in two at their respective joints. The *sides* may either be sent to table whole, or cut up: if the latter, separate the whole length of each side into three or four pieces. The *head* should be split in two, and the lower jaws divided from the upper part of it; let the *ears* be cut off. In serving, a neat cook will take care to arrange the different parts thus separated so that they may appear, upon the dish, as little uneven and confused as possible. The sides, whether whole or in several pieces, should be laid parallel with each other; the legs and

shoulders on the outer side of these, and opposite to the parts to which they have respectively belonged; and the portions of the head, and the ears, may be placed, some at one end, and some at the other end, or, as taste may suggest, at the sides of the dish.

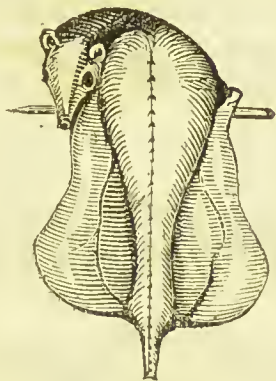
Hare, or Rabbit, for Roasting.—FIG. 9.



Hare, or Rabbit, for Roasting, is prepared for the spit as in *Sig. 9.*—To carve: begin by cutting through near to the back-bone, from *a* to *b*; then, make a corresponding cut on the other side of the back-bone; leaving the *back* and the *head* in one distinct piece. Cut off the *legs* at the hip joint (*e*), and take off the *wing* nearly as you would the wing of a bird, carrying the knife round the circular line (*c*). The *ribs* are of little importance, as they are bare of meat. Divide the *back* into three or four portions, as pointed out by the letters *f g h*. The *head* is then to be cut off, and the lower jaws divided from the upper. By splitting the upper part of the head in the middle, you have the *brains*, which are prized by epicures. The comparative goodness of different parts of a hare, will depend much on the age, and also upon the cooking. The back and the legs are always the best. The wing of a young hare is nice; but this is not so good in an old one, and particularly if it be not thoroughly well done. The carving of a *rabbit* is pretty much the same as that of a hare: there is much less difficulty, however, with the former; and it would always save a good deal of trou-

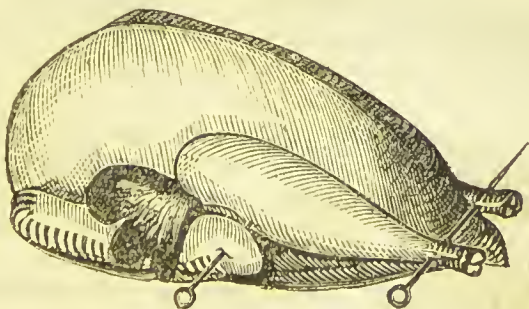
ble, as well as delay, if hares which are not quite young were sent to table already cut up.

Rabbit, for Boiling.—FIG. 10.



Rabbit for Boiling, should be trussed, according to the newest fashion, as in *Fig. 10*. Cut off the *ears* close to the head, and cut off the *feet* at the foot-joint. Cut off the *tail*. Then, make an incision on each side of the back-bone, at the *rump end*, about an inch and a half long. This will enable you to stretch the legs further towards the head. Bring the *wings* as close to the body as you can, and bring the legs close to the outside of the wings. The *head* should be bent round to one side, in order that, by running one skewer through the legs, wings, and mouth, you may thus secure all and have the rabbit completely and compactly trussed.

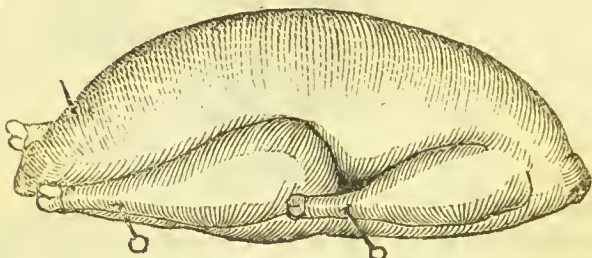
Turkey, for Roasting. FIG. 11.



Turkey, for Roasting, is sometimes trussed with the

feet on; and it is sometimes brought to table with the *head* as well as the *feet*. But such trussing is exceedingly ugly, and altogether unworthy of a good cook. The manner here described (see *Fig. 11*) is the most approved. If the breast-bone be sharp, it should be beaten down, to make the bird appear as plump as possible.—See *Carving*, in observations on *Fig. 15*.

Goose.—FIG. 12.



Goose.—For Carving, see observations on *Fig. 15*.

Fowls, for Roasting.

FIG. 13.

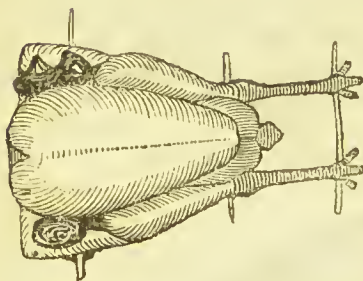
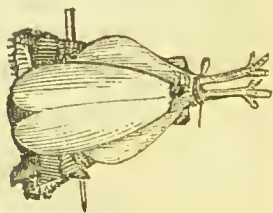
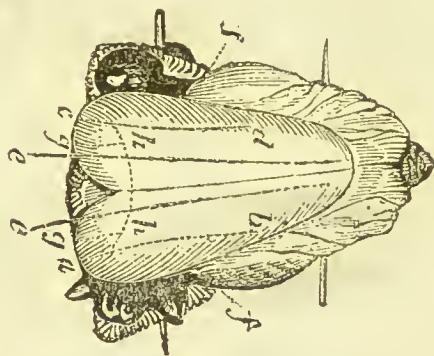


FIG. 14.



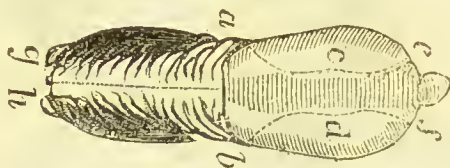
Fowls, for Roasting.—The most modern way of trussing these is as in *Figs. 13* and *14*. If it be but a chicken, or a small fowl, a single skewer through the wings, and the legs simply tied, as in *Fig. 14.*, will be sufficient. But a large fowl is best kept in shape by the other method (*Fig. 13*).—See *Carving*, in observation on *Fig. 15*.

Turkey, or Fowl, for Boiling.—FIG. 15.

Turkey, or Fowl, for Boiling.—For boiling, turkeys and fowls should, according to the newest fashion, both be trussed in the same way. There is nothing peculiar in this way, excepting as to the legs, which are to be trussed *within the apron*. To do this, the cook must first cut off the feet, and then, putting her fingers into the inside of the fowl, separate the skin of the leg from the flesh, all the way to the extreme joint. The leg, being drawn back, will thus remain, as it were in a bag, within the apron; and, if this be properly done, there need be no other break in the skin than what has been occasioned at the joint by cutting off the feet. If it be a turkey, or a large fowl, the form may be better preserved, by putting a skewer through the legs as well as through the wings (*see Fig. 15*). But with small fowls, there needs no skewer for the legs. All skewers used in trussing should be taken out before the dish comes to table. To carve fowls, turkeys, &c. *see Fig. 15*. Begin by taking off the *wings*, cutting from *a* to *b*, *c* to *d*. Next, the *legs*, putting your knife in at *f f*. Then, if it be a large bird, you will help slices from the breast (*e e*). But with the smaller birds, as chickens, partridges, &c. a considerable portion of the breast should come off with the wing, and there is not enough left to spare any thing more from the breast-bone. *The merry-thought*, situated at the point of the breast-bone, is taken off by cutting

straight across at *h h*. In helping, recollect that the *liver-wing* is commonly thought more of than the other. The *breast-bone* is divided from the back by simply cutting through the ribs on each side of the fowl. The *neck-bones* are at *g g*; but for these see *Fig. 16*, and the directions for carving the *back*.

Back of a Fowl.—FIG. 16.

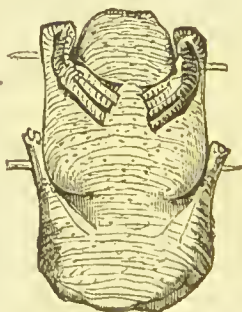
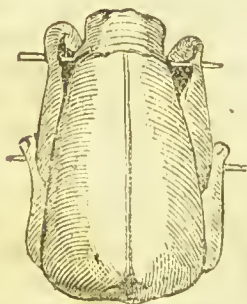


Rest your knife firmly on the centre of the back, at the same time turning either end up with your fork, and this part will easily break in two at *a b*. The *side-bones* are at *c d*; and to remove these, some people put the point of the knife in at midway the line, just opposite to *c d*; others at the rump end of the bones, *e f*. The *neck-bones* (at *g h*) are the most difficult part of the task. These must be taken off before the breast is divided from the back; they adhere very closely, and require the knife to be held firmly on the body of the fowl, while the fork is employed to twist them off.

Duck.—FIG. 17.

Breast,

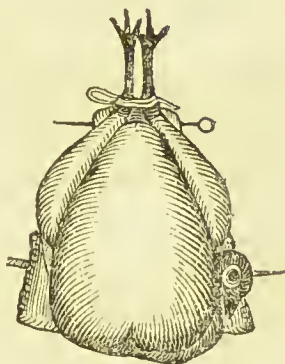
Back.



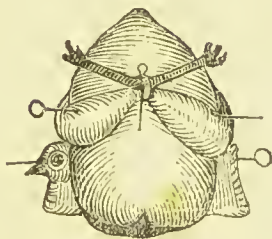
Duck.—This should be trussed as in *Fig. 17*. The *leg*

is twisted at the joint, and the *feet* (with the *claws* only cut off) are turned over, and so brought to lie flat on the rump.—For *Carving*, see observations on *Fig. 15*.

Pheasant.—FIG. 18.



Partridge.—FIG. 19.



Pheasant and *Partridge*.—These two are trussed nearly in one way, as in *Figs. 18* and *19*, excepting, that the *legs* of the partridge are raised, and tied together over the apron, crossing each other. For *Carving*, see observations on *Fig. 15*.

CHAPTER XXXVI.

THE GARDEN.

THERE are few things with respect to which I so much regret the difference of tastes, as this ; for, though it is unreasonable to require every one to like what you like yourself, the ocepation of gardening is attended by benefits so numerous and so great, it is so conducive to health, both in body and mind, and so inexhaustible in the pleasures which it affords, that if I do not censure, I cannot help feeling a kind of pity for those who look upon a garden with indifference.

But we are so much the creatures of habit, and the acquiring of a taste depends so often upon mere accident, that it is perhaps not to be wondered at if some who have lived all their lives in the country, are, nevertheless, without the slightest inclination for this pursuit. I have known not a few country people who sighed continually for the amusements of the town, who regarded the necessity of being away from a town as a hard lot, and who were as dull and discontented as if there were nothing about them to make their place of residence tolerable in the comparison. To speak of gardening to people thus affected, is to speak of something which they regard as rather low than elevated. They have, whether from want of example or otherwise, never taken part in it in early youth ; they have become men or women without having learned that delight may be enjoyed from such a source : and they leave to rustics the cultivation of an art which, because it appears to them too common to be worthy of their own attention, they despise. And yet, if you would seek some object of continual amusement, something abundant in variety, and which the mind may dwell upon without fatigue, how few things are there, to be compared with the charms which a very small piece of ground is large

enough to give, which may be collected in a search scarcely beyond our own fields and woods, and all the labour requisite to preserve and improve which is of an easy and recreative kind? Routs, dinners, parties, soirées, and theatres, without end, are confessedly tiresome in themselves, and make their enjoyers long for relaxation. And what has art done, in the fashioning and furnishing of mansions and palaces, to give to the interior of our habitations that which shall diversify entertainment for the active or relieve the lassitude of idleness? One sight of the magnificence which is far above our means to obtain, excites our admiration for the time, and produces corresponding pleasure; but what is all the finery to its possessors; what are the gilded and embossed and painted ceilings and walls, the glittering mirrors, the couches of satin or brocade, and all the ornaments that gold can bring from foreign quarters? These are gratifying to vanity, indeed; they are the luxury of pride. But what are they beyond this? In order to be lasting in their effects; to give as much content to those who have them as wonder to those who have them not, there must be a change in these things almost amounting to enchantment, such as the richest of the rich cannot hope to command. That the gardener's is but an ordinary avocation, that fresh air, and those objects of the senses which a garden presents, are nothing more than may be possessed and appreciated by common people; this is rather so much in praise, than in disparagement, of gardening. There is nothing in this to shock the minds of any, except the vulgarly fastidious and affectedly delicate or sentimental. If any would be ashamed to suffer pursuits of this kind to attract their attention from others more refined, their love of art is not genuine, since it is accompanied by distaste for what is beautiful in nature. They affect, in obedience only to fashion, to admire that to which they are at heart indifferent; or else, how are we to account for the raptures, which a love of poetry or a love of painting can occasion in some minds, while those minds are insensible to the cause by which the poet or the painter has been inspired?

It is impossible to find an amusement more cheering or more innocent or more healthy, than gardening. It

is so natural, as to afford some of the first objects of interest to children of the tenderest age. The eyes of babies are captivated by the forms and colours of blossoms; the little creatures will run towards a flower-bed, and impatiently stretch their hands to a cluster of stocks or of sweetwilliams, before their tongues are able to express admiration; and the taste of these, evinced so early in life, is one which, once being required, is never lessened, like the taste for other things, by change in scene or in habits of living. In mature life, there is perhaps nothing to offer relief to the harrassed mind, nothing possessing power to quiet irritation, like the garden. In that, there will be found no lurking elf to mar your present happiness by calling up disagreeable recollections or clouding your anticipations with anxiety. The newly cultivated earth, the verdure of the plants, the brilliancy and the perfume of the flowers, produce a freshness by their assemblage which is unrivalled, and they always impart more or less of animation to the mind that is engaged by them. People who are fond of gardening are generally lively in spirits and contented in disposition.

There is so much enjoyment derived from ornamental gardening, that I strongly recommend it as a branch of education; and, as there are few ladies schools in which it is not the custom to teach Botany, surely it is of some importance that the accomplishment should be joined to a practical purpose after the schooling is over, and gardening is practical botany. We often find excellent examples (tutors, I might say) among the labouring people. Where they have room in which to display it, they shew much good taste in the more elegant departments of gardening; and not only is this the case with those who are bred to cultivate the land, but it is to be remarked, also, that the manufacturing labourers of different countries pay great attention to particular plants, and that they have been the greatest improvers of particular kinds of flowers and fruits: tulips, pinks, auriculas, geraniums, and gooseberries, have been cultivated with astonishing care and perseverance by the weavers of Lancashire and Spital-Fields. And, when we consider the work that these people have to undergo, the little time they have to spare from the labours which earn them their living, and the privations by which

those labours are too often accompanied, we cannot too highly praise their ambition to excel in the cultivation of the products of the earth. In Germany, the manufacturers have paid the same attention to the Stock. LORD KAMES says, that "Other fine arts may be perverted to excite irregular, and even vicious, emotions: but gardening, which inspires the finest and most refined pleasures, cannot fail to promote every good affection. The gaiety and harmony of mind it produceth, inclining the spectator to communicate his satisfaction to others, and to make them happy as he is himself, tend naturally to establish in him a habit of humanity and benevolence." And SIR WILLIAM TEMPLE has eulogised the art of gardening in terms as elegant and forcible. "As it has been," he observes, "the inclination of Kings and the choice of philosophers, so it has been the common favourite of public and private men; a pleasure of the greatest, and the care of the meanest; and, indeed, an employment and possession for which no man is too high nor too low." I could quote authors without end on this topic, but, as my space is but limited, I must proceed to the practical part of the subject. My observations, however, will be rather on general principles, than on detail; for detail in the art of gardening would lead me further than I can go in such a work as this. I shall, therefore, only consider the garden as one of ornament and pleasure, in the first place, and next, as one of use, in the procuring of those lesser vegetables, herbs.

The ornamental garden I shall treat of as belonging to a house of moderate size, and as one, therefore, of no great extent; for, in the grounds belonging to large domains, this kind of work has become a science next to architecture, and is a matter beyond the scope of my knowledge and my book. Those who form wildernesses, avenues, and belts, and who erect vistas, temples, pagodas, and ruins, have caused the art to be studied, and may at all times apply to its professors for advice. My instructions are intended for those who have not much space of land to give in ornamental gardening, and who, having, perhaps, less taste for it, leave the matter to builders or surveyors, or others, who have no taste at all. From this cause, we frequently see the outskirts of towns, and

particularly of the large ones, disfigured by small castles instead of houses, with gardens rendered not only not becoming, but ridiculous and contemptible, by the imitations of ruins, rocks, and lakes, which are, with infinite pains, crowded up together amidst larkspurs, anemones, auriculas, and tulips ! This desire to unite the sublime and the beautiful, makes the whole ugly from its absurdity ; and, in England, we see it carried to an extent that, I believe, is to be found in no other country. The industrious tradesman, who has spent his life behind a counter, in the midst of a city, cannot be expected to have much discretion in such matters ; and for the reason, that his unceasing industry has been the cause of his never cultivating a taste beyond the wares in which he deals. Even a good-sized house, if built in imitation of a castle, looks the smaller from its unfortunate shape ; the mind compares it with a real castle, and the thing becomes at once contemptible. So it is with the ruin, the temple, the rock, and the lake ; if they are not so vast as to strike us with the awe, and produce the seriousness that such objects usually do, then they are calculated to offend, and we look upon them with more or less of disgust. I have nothing to do, therefore, with any of these, excepting to caution my readers against attempts to produce the effects of grandeur, where the space they have for it will necessarily prevent their succeeding in the design ; and to recommend them to allot such space as they may have, to the forming of ornamental gardens, of which they may have very beautiful ones in a comparatively small spot. Indeed, a flower garden does not admit of being *large*. Whole acres laid out in beds of tulips, anemones and so forth, would give but little pleasure to the eye. Mr. BURKE remarks, that one quality of beauty is, smallness, and he might well have taken the flower-garden as an illustration ; for, the small flower-garden of a cottager is frequently more beautiful than those of the neighbouring gentry ; and it is always more beautiful than the garden of a nurseryman. One rarely sees a cottager's garden laid out with bad taste. No vain attempts to imitate nature, by heaping up rugged stones on one another ; no wilderness in a few rods of ground ; no serpentine paths, even, within his homely fence, but which we so frequently see within the

cast-iron pallisades of the citizen. All is, on the contrary, regular and neat. The paths all straight, and as level and smooth as he can afford to make them; the edgings as neat in themselves, or as neatly fashioned, as he can get them; and, by the by, in many cases, we learn from him what materials are conducive to beauty in this particular. I have been frequently struck with the use which a cottager will make of oyster-shells, laid with the outer side upward, and in a straight line with one another, to form an edging for the path; or, sometimes, with the neat appearance of blue pebbles closely packed against each other; or, with the rather more singular look of the shank-bones of sheep, thrust into the earth till within an inch of the joint, and packed so closely as to look like one continuous piece of carved bone. He is, in fact, a man of taste in this work. His is the really proper object of a gardener; not to imitate the vastness and the wildness of nature within his narrow limits, but to produce a something betwixt those and the sameness of the dwelling which he inhabits; a something between the order, the regularity, of the house, and the freshness, the greenness, and the sweetness of the open that surrounds it; and no one can look over the wicket of a cottage garden without feeling the pleasure that the gardener meant to inspire.

LORD KAMES, in his *Elements of Criticism*, says: "A small garden, comprehended under a single view, affords little opportunity for embellishment. Dissimilar emotions require different tones of mind, and therefore, in conjunction, can never be pleasant: gaiety and sweetness may be combined, or wildness and gloominess; but a composition of gaiety and gloominess is distasteful. The rude uncultivated copartment of furze and broom in Richmond garden hath a good effect in the succession of objects; but a spot of that nature would be insufferable in the midst of a polished parterre or flower-plot. A garden, therefore, if not of great extent, admits not of dissimilar emotions; and, in ornamenting a small garden, the safest course is to confine it to a single expression." And, in another part of the same work he says: "Regularity is required in that part of a garden which is adjacent to the dwelling-house; because an immediate

accessory ought to partake of the regularity of the principal object: but, in proportion to the distance from the house considered as the centre, regularity ought less and less to be studied." It is a principle, then, to let everything in a small garden be regular; straight paths; square or oblong, or round beds; distances between plants as nearly equal as possible, and a smooth surface, whether of grass, gravel, or the soil itself.

I need, however, scarcely observe, that there *may* be an extreme in the regularity of an ornamental garden. There is one that has had its day and is completely exploded; but the mention of it serves to illustrate what LORD KAMES has said on the accessory partaking of the regularity of the principal object, for it must have arisen from a desire too strong of adhering to this: I allude to the old fashion of trimming certain plants, best adapted to the shears, into fanciful shapes, or even into the form of walls. This was very much the fashion amongst the Dutch gardeners: it came from them into England, and it has been happily worn out by the extravagant lengths to which it was carried by the French. It is but marring nature. You never think of the tree on looking at one that is thus ill-used; and, the more curiously it is fashioned, the less you think of it *as a tree*. In short, it is not a tree, any more than a broom is a tree if stuck with the handle in the earth. The only instance in which this work is tolerable, is in a box edging, and in a horn-beam, yew, or other fence.

No pleasure-garden can be very handsome without some green-sward; and this, if possible, should be, as it were, the *ground* (to use a term that ladies will understand), and the beds of flowers and the clumps of trees or of shrubs, should be the *pattern*. Even in small grounds, of not more than an acre or so, the effect of green-sward, with borders of flowers or flowering shrubs, is preferable to a mere display of flowers, however brilliant. England is famed all over the world for its beautiful turf, and, as far as I have seen foreign countries, is justly famed. Green is a colour the most pleasing to the eye; and every one must have observed how much more beautiful a blowing rose looks when the flowers are in immediate contrast with green-sward, than when they are

contrasted with the earth. Indeed, the more green you can blend with any blossoms, the better; for what are the most showy flowers where there is no leaf? The flowering almond, though extremely handsome in itself, is same and uninteresting for the want of leaf; and so is the mezereon. A very little observation teaches us that the handsomest flowers are those that have abundant foliage together with their flowers; and, following up this observation, we find that flowers look best when planted as near as possible to nicely-shorn grass. A peony in full blossom, with some of its flowers standing erect, some hanging down, and some actually lying down upon grass of this sort, is infinitely more handsome than if the same flower were bending over or lying down on the bare earth. If suffered to blow in the latter manner, its flowers seem scorched when the weather is hot, and they are bespattered with dirt if it is wet, and a dirty flower is rather a painful sight; whereas when blowing close to the grass, they look cool under the hottest sun, and clean at all times.

Flowers may be so cultivated as to produce an effect worthy to be called magnificent. We see this with tall showy plants, bearing large blossoms, like the holyhock and dahlia. But it occurs most commonly with the rose. A cottage sometimes strikes us with a certain degree of amazement, from the effect of no more than a couple of Chinese roses, one growing on each side of the door, and trained up the wall. These are sufficient, in good soils, to cover the whole building, from the ground to the eaves of the roof, in a short time. I have often seen the front of a cottage so clothed with leaves and buds and blossoms, that scarcely an inch of the brickwork was perceptible. In this form, Flora is not merely pretty, or beautiful; but there is even a grandeur in her appearance, when two or three rose-trees, delightful in themselves, will spread so far as thus to hide the dwelling which they were only intended to decorate. I once saw a remarkable instance of this at the *Villa Spada*, a modern building among the ruins of ancient Rome, and on the site of the palace of the Cæsars. I had become almost tired by walking through a scorching sun to look at the temples, triumphal arches, and other like wonders surrounding this spot, when our conductor called my attention to an arcade formed of full

blowing roses. The roses were trained up the sides and over the top of a piece of trellis-work, wide enough to allow two persons to walk abreast along the arcade, which, at the time I saw it was one mass of bloom. The effect produced by the clusters of flowers, some in full blossom, some in opening buds, hanging on the sides or through the arch of the trellis, was beyond any thing I can describe. In other parts of the same garden, on the grass-plots, there were baskets of the same kind of trellis-work, supporting chinese roses trained in a manner to preserve the shape, the earth within the trellis, being filled with bushes of the dwarf damask rose, growing just high enough towards the handle to complete the intended imitation of a basket of flowers. This was, I believe, the work of some Englishman. It was certainly one of the most delightful sights that I have ever beheld out of England. And what a pleasing employment, to contrive and perfect ornaments of this kind; how easy to have them; and how incomparably superior is that taste which dictates contentment in such ornaments, to that ambition for show which makes a merit of despising nature, and mortifies the pride of fashion by forcing it to compete with ostentatious vulgarity!

A great deal may be done with only one sort of plant, as is shown in such instances as those which I have just mentioned. The gardener should not, however, sacrifice all the rest of the year to the display which he may make in roses, or in any one flower, for a few weeks; and therefore, I recommend the following list of such shrubs and flowers as will keep up a succession of blossom nearly all the year round.

Acacia (the Rose)	June, July	4 to 8 feet	Pink	Propagated by grafting on common acacia.
Almond, double	Feb. and March	4 to 16 feet	Pink	Propagated by grafting on common single almond.
Althea Frutex	Aug. and Sept.	4 to 12 feet	White, purple, red	Propagated by sowing seeds in Spring.
Apple, double flowering	June	8 to 12 feet	Full blush	By grafting on crab-stock.
Azalea, yellow	May	3 feet	Yellow	By layers or suckers.
red	May, June	3 feet	Red	Same
white	June, July,	3 feet	White	Same.
Bramble, flowering	August	5 feet	Pink	By suckers.
Briar, Austrian.	June	same	Yellow	Same.
Broom, yellow	May	5 feet	Yellow	Seed.
white	May	same	White	Same.
Catalpa	August. Sept.	20 feet	Like horse-chesnut	Seed or layers.
Cherry, double	April	6 or 8 feet	White	Grafting on common cherry.
Curraut, golden	April	4 to 6 feet	Red	Layers or cuttings.
Guelder Rose	May, June	10 to 12 feet	White	Layers or suckers.
Honeysuckle	June to August	8 to 12 feet	Yellow and red	Layers or cuttings.
Hawthorn	May	8 to 20 feet	White	Seed.
Jasmine	July to Oct.	10 to 12 feet	White	Suckers.
Laburnham	May, June	12 to 30 feet	Yellow	Seed.
Lilac	May	10 to 15 feet	Purple, White	Seed, suckers, or layers.
Magnolia Glauca	July	8 to 10 feet	White	Layers,
purpurea	April	4 feet	Pale Purple	Propagated by layers.
Mezereon	March	3 feet	Rose-coloured	Cuttings, or seed.
Peony, treej	April, May	3 feet	Pale blush	Layers, or cuttings.
Periwinkle	June, July, Aug.	2 feet	Light blue	Suckers. A trailing plant.
Passion flower	July, Aug., Sept.		Pale, green, and purple	By cuttings. A trailing plant, grows a great height.
Rose, Chinese	June, July	2 to 20 feet	Well known	By cuttings or layers. If trained, grows very high.
Province	June	3 or 4 feet	Red or white	Same.
Damask	June	2 feet	Deep red	Same.
St. John's Wort	June to Sept.	3 feet	Yellow	By dividing roots in Autumn.
Syringa	June, July	4 to 10 feet	White	By suckers, or dividing roots in Autumn.

The time for planting the above, is, either in the end of October, or early in March.

EVERGREENS.

Name of Plant.	Time of Flowering.	Height.	Colour.	Manner of Propagating.	Observations.
Arbutus	Sept., Oct.	12 feet	Yellow, white	Propagated by layers.	
Box, tree	April	4 to 12 feet	Pale yellow	Slips, cuttings or layers.	
Camellia Japonica	Feb., Mar.	2 to 10 feet	White, red & mixed	Grafting, or layers.	
Cedar, red	May	10 to 20 feet		Cuttings, suckers or seeds.	Flower very small.
Cistus, gum	June, July	4 to 10 feet.	White and purple.	Cuttings.	
Clematis	July, Aug.		White	Layers. A trailing plant.	
Cobea, climbing	Aug. Sept.		Violet colour	Seeds or cuttings. A trailing, tender plant,	
Cypress	May	15 to 20 feet	Yellow	Seed.	
Fuchsia	June, July	2 to 6 feet	Rose colour	Cuttings or layers.	
Furze, double	April, May	2 to 8 feet	Yellow	Seed.	
Geranium	June to Oct.	4 feet	Red	Seed, or cuttings.	
Ivy	Sept., Oct.		Whitish	Layers or cuttings. A climbing plant.	
Laurestinus	Sept. to Feb.	6 feet.	White and red	Layers.	
Laurel, common	May	6 to 18 feet	Small white	Layers.	
Portugal	June, July	8 to 15 feet	White	Layers or seed.	
Magnolia Grandiflora	July	10 to 20 feet	White	Layers or seed.	
Myrtle	July, Aug.	4 to 6 feet	White	Cuttings.	
Oleander, crim. red	July to Sept.	4 feet	Pale rose coloured	Cuttings or layers.	
Grandiflorum	July to Sept.	4 to 8 feet	Deeper rose coloured	Same. Tender plant.	
Privet	June, July	6 to 8 feet	White.	Cuttings, seed or layers.	
Rhododendron	June	4 to 12 feet	Pale or deep Rose	Layers.	
Yew	May	30 feet.		Seed or layers. Only fit for fence.	

Time for planting, November, or March.

Of the preceding, the *Camellia Japonica*, the *Cobea*, the *Fucshia*, the *Geranium* and the *Oleander Grandiflorum*, are tender plants, and require to be put under cover in the Winter. The *Oleander* should be always kept in pots, and is so beautiful as to be well worth the pains. It is one of the handsomest plants that I know, and makes a great show in a parlour or conservatory for a whole month at least. The *Camellia*, likewise, should be a potted plant. The *Cobea* should be planted within the conservatory, and in one summer it will run to a great length, blowing an immense number of its handsome flowers. The *Fucshia* may be kept in pots, also, or, it may be cut down to the earth if out of doors and covered with litter, and will then shoot up again in the spring and be very handsome. The usual way of keeping it, however, is in pots, to be removed into the garden or the parlour, at pleasure, in the summer months. The *Geranium* is never so fine (the common *scarlet*, I mean) as when turned out of the pots as soon in the spring as frosts are over. If the soil be tolerably rich and of a stiff nature, it will grow to a very large size. I have known them in our gardens, in Hampshire, and again at Kensington, full six feet over, blowing all through the summer.

Amongst the deciduous as well as the evergreen shrubs, I have named some that are in their nature trees: but I have chosen them on account of their handsome foliage, or elegant shape. The red *Cedar*, for instance, will become a tree; but it is so elegant a plant, that it will, for a long while, be an ornament in a shrubbery of flowering and even dwarf plants, and it is evergreen. The *Catalpa*, too, is a very large tree, in America; but its broad and beautiful leaf is so ornamental, that I would not be without it, in planting even the smallest shrubbery.

The perennial, biennial, and annual flowering herbaceous plants are as follows.

PERENNIAL.

Name of Plant.	Time of Flowering.	Height.	Colour.	Manner of Propagating.	Observations.	Time for Planting or Sowing.
Amaryllis	September	1 foot	Yellow or bluish	By offsets.	A bulb, and tender	April.
Anemone	April	6 inches	White, red, purple	By parting roots.	A tuberous root.	Nov.
Asphodel	May, June, July	6 inches	Yellow	By parting roots		Nov.
Auricula	May, June, July	3 inches	Deep purple, &c.	By parting roots; or seed.		Nov.
Cactus	May, June, July	18 inches	Fine scarlet	Cuttings.	A fleshy leaved plant.	March.
Campanula	May, June	2 feet	White, pale blue	Parting roots		Oct.
Carnation	June, July	2 feet	White, pink, &c.	By seeds; or layers		Oct.
Catchfly	May, June.	18 inches	Peach-blossom	By parting roots.		Oct.
Chrysanthemum	Nov., Dec.	3 feet	White, yellow, purple	By dividing root; or by cuttings		Oct.
Columbine	June, July	2 to 3 feet	White, red, purple	By dividing roots, or by seed		Oct.
Coral-tree	Aug., Sept.	2 to 4 feet	Fine crimson	By cuttings.	Properly, a shrub	April.
Coreopsis	Aug., Sept.	2 feet	Yellow	By dividing roots		Oct.
Corn-flag	July, Aug.	2 or 3 feet	Scarlet	By offsets.	Bulbous plant.	Nov.
Crocus	March	3 inches	White, purple, yellow	By separating offsets		Nov.
Cowslip	April, May	6 inches	Yellow	By parting roots.		Oct.
Cyclamen	April	8 inches	Bluish, or blue	By offsets, or seed		Oct.
Daffodil	June to Sept.	2 feet	White with yellow	By offsets.	Bulbous	Nov.
Dahlia	Aug. to Oct.	2 to 10 feet	All colours	By parting roots; or by cuttings; or seed.		April.
Daisy	May to Oct.	4 inches	White and pink	By parting roots.	Proper for edgings	Oct.
Fraxinella	June, July	2 feet	White, purple	By seed, or by parting roots		March.
Fritillary or Crown Imperial }	April	2 to 8 feet	Yellow, red	By parting offsets.	Bulbous	Nov.
Gentianella	May, June	6 inches	Deep blue	By parting roots.	A good edging	Oct.
Geranium	May, June	10 inches	Striped white and purple	By parting roots; or by seed.		March.
Globe-flower	May	12 inches	Yellow	By dividing roots		Sep.
Hop	June to Aug.	12 feet	Green	By separating roots.	A runner	Oct.

Name of Plant.	Time of Flowering.	Height.	Colour.	Manner of Propagating.	Observation.	Time for Planting or Sowing.
Hyacinth	April, May	10 inches	White, pink, pur., yel.	By separating offsets.	Bulbous....	Oct. Nov.
Iris	June, July	2 to 3 feet	Purple, white	By separating offsets	Nov.
Lilly, White	July	3 to 4 feet	White	By parting offsets.....	Nov.
Orange	June, July	2 feet	Orange	Same.....	Nov.
Turk's cap	June	2 feet	Deep yellow	Same.....	Nov.
Lobelia	July, Aug.	1 foot	Blue	Sowing seed.....	March
Lychnis	July, Aug.	3 feet	Scarlet	Same.....	March
Michaelmas Daisy	Sept. to Nov.	3 feet	White, blue	Same; or by parting roots	March
Monkey flower	June, July	10 inches	Yellow	By cuttings.....	Oct.
Monarda, crimson	June, July, Aug.	12 inches	Crimson	By suckers, or by sowing seed,.....	March
Narcissus	March, April	12 to 18 in.	White, yellow, mixed	By offsets. Bulbous	Nov.
Pausey	April to Sept.	3 inches	White, yellow, purple	By seed, or parting roots	Oct.
Pea	July, Aug.	3 feet	Blush	By seed.....	March
Pink	June, July	2 feet	White, red, mixed	By seed, cuttings, or layers	Oct.
Polyanthus	March, April	4 inches	Red, yellow, purple	By seed or parting roots	Oct.
Pcony	May, June	2 feet	Crimson, white	By separating roots.....	Nov.
Potentilla	June, July, Aug.	6 inches	Peach-blossom	By parting roots	Oct.
Primrose	March, April	4 inches	Light yellow	By seed, or partings roots	Oct.
Ranunculus	March, April	6 inches	Various	By seed, or parting tubers	Nov.
Sage (Salvia)	June, July, Aug.	2 to 4 feet	Scarlet	By parting roots	April
Snake-dragon	June, July, Aug.	1 to 2 feet	White pink	By seed	March
Thrift	May and June	2 to 4 inch.	Pink or scarlet	By parting roots. Used as edgings.	Oct.
Tiger-flower	July	1 to 2 feet	Yellow and scarlet	By parting offsets. Bulbous	April
Tulip	April to June	3 in. to 2 ft.	All colours	By parting offsets. Bulbous	Nov.
Violet	March, April	2 inches	White, purple	By seed, or parting roots.....	Oct.
Wallflower	April to June	12 to 24 in.	Deep or light yel., or red	By seed, or by cuttings.....	Oct.

Of the preeeding, the Amaryllis, the Cactus, the Coral-tree, the Dahlia, the Fraxinella, the Sage, and the Tiger-flower, are either so tender as to require to be taken up and housed during the winter, or their bulbs taken out of the ground, eleaned of the earth, kept in an airy dry plaee till the spring of the year, when they should be planted again. The Caetus is at all times a conservatory or indoor plant. It is sueeulent, and, therefore, should be planted in a dry poor earth ; it should have but little water till it is in blossom, and then not mueh. The Coral-tree is, properly, a shrub ; but in England it must either be a potted and housed plant, or, if planted in the open ground, it should be in a warm aspect, and carefully covered over with litter during the winter. It is remarkably handsome. The Fraxinella will die down in the autumn, and should then be covered over with litter till the spring. The Sage (*salvia*) is a green-house plant ; but it may be turned out in the border during the summer months. The Dahlia, Amaryllis, and Tiger-flower, are bulbous-rooted plants, and should be taken up when they have done flowering and their stalks have died down. The greater part of the remainder of the above list of plants will be found to be easy of cultivation ; and, as I have been eareful to give a eorreect statement of the *height*, *colour*, and *time of flowering* of each, the most inexperienced gardener can select groups by merely looking through this list.

BIENNIALS.

These are plants that blow the second year after they are raised; or, at least, the greater part of them do not blow till the second year, and then die.

Name of plant.	Time of Flowering.	Height.	Colour.	Manner of Propagating.
Blattaria	July, August, September	3 feet	White, red, yellow	By seed.
Campanula, Canterbury Bell	June, July	2 or 3 feet	White, blue	By sowing seed.
Foxglove	June, July, August, September	6 or 8 feet	White, yellow, purple, pink	By sowing seed, will sow itself
Hollyhock	July till September	18 inches	Red, pink, white, yellow	By sowing seed.
Lupine	July, August	near 4 feet	Blue, white, yellow	By sowing seed.
Marvel of Peru	July to October	3 or 4 feet	Red, yellow, white	By sowing seed.
Œnothera	July, August, September	2 feet.	Yellow	By sowing seed.
Scabious	August to September	2 or 3 feet	Violet-coloured	By sowing seed.
Stock, Queen, Brompton	May, June	1 in. to 3 ft.	White, red, purple, scarlet	By sowing seed.
Sweet william	April, May	1 foot	Red, white, pink	By sowing seed.

The best time for sowing these is May, or June, so that they may not be too forward, and thus be cut off by the winter frosts.

The Marvel of Peru is a handsome plant and blows well in strong and rich soil, but it is a poor thing in soil only moderately good. By taking up the roots in autumn you may make it biennial, but it is the best way to save good seed from flowers that are striped yellow and scarlet, and treat the plant as an annual. The *Œnotheras* are very handsome. The one called *Œnothera macrocarpa* is a beautiful trailing plant, which bears a very large yellow flower. The foxglove deserves a place in any garden, and the varieties of it are numerous. The hollyhock is rather tall, but may be cut down, or kept within bounds by being planted in a poor spot. The Stock will require pains, to have it in perfection; but, when in perfection, it certainly is the rival of the rose.

ANNUALS.

These plants should all be sown early in the spring. March is the principal time of sowing. They come up, flower, and die in the same year; but, though so short lived, the annuals are the most brilliant and the sweetest flowers that we have. The following list will be quite enough for any flower garden; or even to make choice out of; for more are enumerated there than we often find in one garden.

ANNUALS.

Name of Plant.	Time of Flowering.	Height.	Colour.	Manner of propagating.
Aconite, or Monks-hood	May, June	3 feet	Deep blue, white, red	By sowing seed.
Alyssum	April, May	near to the ground	Brilliant yellow	By sowing seed.
Aster, China	August, September	1 to 2 feet	Red purple, violet [gated	By sowing seed.
Balsam	July, August, September	1 to 2 feet	Red, pink, white, varie-	By sowing seed in hot-bed
Browallia	June to September	2 feet high	Blue	By sowing seed in hot-bed
Candy-tuft	June, July	2 feet	Purple	By sowing seed
Catchfly, or sweet Sultan	July, August	1 foot and half	Peach-blossom colour	By seed, and will sow itself.
Centauray	July, August	2 feet	Purple	By sowing seed in hot-bed.
Clarkea Pulchella	June, July	1 foot	Pale pink	By sowing seed.
Convolvulus, minor	June, July, August	a trailing plant	Shaded blue and white	By sowing seed in light warm earth.
Egg plant	July to September	9 or 1 feet	Purple, white	Ditto ditto.
Larkspur	June, July	15 inches	White, violet coloured	By sowing seed.
Lavatera	In succession, through June, [July	18 inches	Blue, pink, white	By sowing seed.
Lupine	July to September	3 to 4 feet	Pink, white	Sow early in the spring, in open earth.
Mignonnette	July, August	18 inches	Blue, red, yellow	By sowing seed.
Mullein	All the summer, in succession	near the ground	Greenish colour	By sowing seed.
Pea	June to August	3 to 4 feet	White, yellow	By sowing seed.
Pink, china, Indian	July, August	4 to 5 feet	Rose coloured	By sowing seed.
Poppy	July	1 foot	Red	By seeds, or layers, or by dividing the roots.
Stoek, ten week	June, July	2 feet	Red	By sowing seed, and will sow themselves.
Tobacco	May to October	12 to 18 inches	Red, white, purple	By sowing seed in hot-bed, to transplant.
Zinnia	July to September	5 to 8 feet	Crimson	Sow seed in pots in a hot-bed, to plant out.
		1 foot and a half	Brownish red	Sow seed in pots in a hot-bed.

These should all be sown in February, or early in March.

The *China Aster*, *Balsam*, *Convolvulus major*, *Egg-plant*, *Ten-week Stock*, and the *Tobacco*, are very tender, and should not be sown in the open ground, but raised on a gentle heat, and planted out when they are two or three inches high.

The propagation of plants is a matter that I cannot treat of at large, because my space is too small for all the instructions that would be necessary. It is a branch of the art of gardening that occupies a considerable part of every gardening-book, and, as my father, in the "*English Gardener*," has devoted a good many pages to very full and minute instructions upon the subject of the various modes of propagating plants, I may refer the reader to that work. The modes are, by *slips*, *layers*, *cuttings*, *budding*, *grafting*, *suckers*, *offsets*, and by sowing the *seed*.

SLIPS are little branches of one or two years growth, slipped off from the plant, the ragged edges of the wounded part a little trimmed, the head shortened down to about $2\frac{1}{2}$ or 3 inches long, then stuck into fresh, fine earth, and shaded with matting, or covered with a hand-glass which also should be shaded. If the hand-glass be used, it should be kept tight down for two or three days, as the excluding of all air will tend to make the slips strike root the sooner. Water occasionally; but with water that has stood in the sun for some hours previously to being poured on to the slips. This work may be performed in February or March; and again in the autumn early in October.

LAYERS are branches of the plant, the middle joints (two or three of them) laid down a little distance under the earth, and there pinned down with a little hooked twig. The earth should then be covered over to about two inches deep, and now-and-then watered. Shorten the end of the branch which is left sticking out of the ground, and do not separate the branch from the plant till you think the joints under ground have struck root. You may perform this work early in the spring (February) or at midsummer, and the layer will have struck by October, and be fit to pot or plant out, as the case may be.

CUTTINGS are, in all respects, like *slips*, except that

they are cut off the mother plant instead of being slipped off. They should not be less than *three* joints in length.

BUDDING and GRAFTING are operations of so much nicety, that I cannot meddle with them. They are scarcely ladies work; and, at any rate, they require to be taught by a practical hand, which mine is not, I confess.

SUCKERS are those shoots from the root which come up around many plants, and disfigure almost all that are subject to them. They should be dug up with a part of the root to them and planted in spring or autumn. It is not a good way of propagating plants; because a sucker always throws up suckers.*

OFFSETS are the little bulbs that you find adhering to the bulbous roots, when you take them up after flowering; as the *crocus*, *hyacinth*, *narcissus*, &c. These should be broken off carefully, and, if of a tolerably good size, they will blow the next year. If small, they should be planted in single rows in a small bed, in order that they may increase their size. When their leaves lie down, take them up and keep them with the larger bulbs for the next planting time.

SEED-SOWING. This is by far the best way of propagating the greater number of plants; but in sowing all kinds, care should be taken to make the earth fine, very clean, and sufficiently rich. The seed should never be buried deep, and the greater part of seeds require to be little more than just covered. Cover over all as nearly of the same depth as possible, and put the earth down lightly over the seed with the back of a spade. Never sow in wet weather, nor just before wet if you can avoid it; for the rain makes the earth (unless it be mere sand) run together so, that an hour's sunshine will make the whole surface a crust so hard that small plants have difficulty in getting through it.

HERBS.

Every housekeeper will find the necessity for having these useful little plants in a garden set apart for the purpose. They are not ornamental, nor are some of them

convenient, but they are so necessary, that a small space of ground ought to be given up to them. They are all so easy to procure and require so little trouble except merely to keep the earth about them clear of weeds, that I need say nothing more in general terms concerning them. The best way is, to have a square border under an east wall, and set it out in beds for the herbs, taking care to have most plants of such sorts as are of the greatest use in the house. Of *parsley*, *fennel*, *mint*, for instance, there should be abundance; somewhat less of *sage*, *rosemary*, *thyme*; and, of others there may be still less. Parsley is a plant of which there should be an equal quantity, sown in rows; mint will spread of itself, and become an annoyance, unless you have it in an out-of-the way part of the garden. An odd corner is the place for mint. The list of herbs is as follows.

HERBS.

Names.	Whether Annual, Biennial or Perennial.	Manner of Propagating, Observations.
Balm	P.	By seed. Will sow itself and continue. Medicinal plant.
Basil	A.	By seed, sown early in Spring. A sweet herb.
Borage	P.	Sow in Spring. Will continue sowing itself.
Camomile	P.	Seed, or parting roots. Medicinal flower.
Cives	P.	Seed, or parting the offsets. It is a little kind of onion.
Coriander	A.	Sow a very little in April. Used in salads.
Corn-salad	A.	A weed, sometimes used in salads. Sow in April.
Dill	B.	A smaller plant, but like fennel. Sow in April, a little.
Fennel	P.	By seed, or cuttings in Spring or Autumn. A yard square is enough.
Hyssop	P.	Seed, or cuttings. Two or three plants are enough.
Lavender	P.	Seed, or, easiest, by slips. Aromatic herb.
Marjoram	A. P.	There are two sorts. By seed; and the perennial, by seed or cuttings.
Marigold	A.	By seed, sown early in Spring.
Mint	P.	By putting a few ends of roots under the earth.
Parsley	B.	By seed, in Spring, in very clean, fine ground.
Pennyroyal	P.	By piece of the root. Cut it in well, as it spreads fast.
Rosemary	P.	By slips. One plant enough in a garden.
Rue	P.	Same. Same.
Sage	P.	Seed, or slips. One plant enough in a garden.
Salsify	A.	By seed, sown in March, in drills a foot apart.
Samphire	P.	By seed, or cuttings. Sow in April.
Savory	A. P.	Two sorts, summer & winter. Both from seed, and the latter from cuttings as well.
Pansey	P.	Seed, or cuttings. A plant or two will be enough. [A few plants enough.
Thyme	P.	There are two sorts: <i>common</i> and <i>lemon</i> Thyme. Both by seed, or by cuttings
Wormwood	P.	By seed, or slips. A foot square will be enough.



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